



VOLUNTEER VOICE

SECOND EDITION

2021



RSVP OF DUTCHESS COUNTY

Join us for a free virtual program in partnership with the Hudson Valley Chapter of the Alzheimer's Association

Wednesday, May 5th
1:00pm - 2:00pm

Learn the 10 Warning Signs of Alzheimer's.

To register, call the Alzheimer's Association at (800) 272-3900



Spring is in the air and slowly life is getting back to a sense of normalcy. Hopefully, many of you have had the opportunity to get your first or second dose of the vaccine or have placed your name on a waiting list. To find out more up-to-date information, go to the Dutchess County Government website at www.dutchessny.gov and click on the links on the top of their page for COVID-19 information.

Due to COVID-19, many of our Stations suspended volunteer activities and now are slowly calling their volunteers back to work. The Stations have had to adopt new protocols and strategies to adhere to all the CDC guidelines. So, you may find yourself working virtually tutoring a child, advocating for a resident in a skilled living facility via a variety of web-based approaches, or making telephone reassurance calls to seniors.

RSVP is excited to be partnering with the Hudson Valley Chapter of the Alzheimer's Association, for our **first virtual meeting**. I hope that you will be able to join us on Wednesday, May 5th at 1:00 pm on Zoom. (See the box to the left.)

Be sure to take some time to go outside and enjoy the warm weather, and continue taking steps to protect yourself and others.



A PROGRAM OF COMMUNITY ACTION PARTNERSHIP FOR DUTCHESS COUNTY



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FRIENDS OF SENIORS

Friends of Seniors is in its 17th year. Even during the COVID-19 pandemic, Friends of Seniors has been assisting the Dutchess County older adult community with limited transportation to non-emergency medical appointments, grocery shopping (volunteers will shop for you) and telephone reassurance to see how you are doing.

Additionally, Friends of Seniors volunteers have been driving individuals to COVID vaccination sites whether or not they are clients of the program. 'Friends' continue to do their best to meet last-minute requests to get to the various vaccination sites.



RHINEBECK FAMILY LIVING WITH ALZHEIMER'S TREASURES TIME TOGETHER

About seven years ago, Beth Heady of Rhinebeck realized something was off with her husband, Pete Heady. They were taking their eldest son, Riley, to school, when Pete became confused about where they were going.

"Pete was having trouble with directions. I was surprised," Beth said. "Every time he pulled out of a certain area, he'd asked, 'Which way should I go?' It wasn't like him."

Pete was diagnosed with Alzheimer's disease in 2014. Since then, his family has worked to provide an unwavering support system. On a typical day, Beth wakes up and prepares for her husband's needs, then leaves for work at Rhinebeck Central School District. Their children, Seamus and Casey, both in their 20s, alternate caregiving duties during the day.

Beth said she feels very grateful their children can play such an important role in caring for their father. "They each have their own kind of gift with him," she said. "Sometimes, early on, I would be very frustrated not knowing what Pete wanted or understanding what the confusion was. Seamus was very good at decoding, being patient and figuring out what he needed. Casey, on the other hand, is more of a doer. Activities she does with her father include taking him for coffee, painting and spending time outside together."

When the pandemic began, things changed. Instead of working all day, Beth was home. Everything was changing so quickly that it was hard for Pete to understand the new normal, but eventually made the adjustment.

"Things are getting better now. He even asked me today when we went to go get coffee, 'Am I still supposed to wear my mask?'"

Despite the difficulties, the family finds joy in shared activities. They are avid participants in the Alzheimer's Association's virtual social programs: The Virtual Music Therapy class offered by the Alzheimer's Association with Bethel Woods and the Virtual Art Therapy program with Creative Arts Therapist Jayne Henderson.

"At the end of the day, [Caregiving] comes down to gratitude." Beth Heady said. "I'm grateful to keep my family together and just try to make someone's life comfortable."



Pete and Seamus displaying their work from Art Therapy

4 RSVP MEMBER NEWS

Join AmeriCorps Seniors as an RSVP volunteer. We have over 30 organizations that you can choose from. During these trying times you can connect with your community, socializing (in person or virtually), utilizing your talent and help those who cannot help themselves. For more information, contact JoAnn, RSVP Director, (845) 452-5104 x 101 or RSVP@dutchesscap.org. While you're at it, "Like" us on Facebook!

MEET RSVP ADVISORY BOARD MEMBER, COLLEEN ASHE

Colleen Ashe's passion for working with seniors brought her to the RSVP Advisory Board in June 2013. She enjoys helping seniors find volunteer opportunities, recognizing they have so much wisdom, humor and compassion to share with others.

Who knew that helping her dad clear out his childhood home would have such an impact! As founder of Ashe Organizing Solutions, Colleen recognizes the extraordinary experience and the overwhelming task many families face. She dedicates her professional organizing practice to helping seniors and their families manage their belongings for peace of mind and optimal results.

Colleen's Spring Tip: Put a spring in your step and head on over to your medicine chest. Expired or no longer used medications have no business here; safely dispose of them! Check with your local grocery store, pharmacy or police station. Sleep better knowing your meds are in order!



HUDSON VALLEY CHAPTER OF AMERICAN RED CROSS

It has been one year of living, learning and adapting to COVID 19 and the Eastern NY Red Cross Region has pivoted to deliver the mission of alleviating human suffering throughout the Hudson Valley and beyond. The volunteer workforce has adapted to safely assist families impacted by home fires, support at blood drives to help maintain a healthy blood supply and offer resources to our military and veteran communities.

Disasters don't stop. In 2020 there were 41 disaster responses in Dutchess County. Volunteers adjusted to the new challenges and protocols and were able to offer comfort, support and financial assistance to those in need.

Our Disaster Action Team members supported clients remotely when they needed it most and that impact is profound. A Hudson Valley client, having recently experienced a home fire, responded with a note, "They were very helpful to us and were there for us every step of the way, the Red Cross was there for us right away and through our loss. God Bless you all."

The American Red Cross is seeking individuals interested in joining their Disaster Action Team to help when fires impact those in YOUR community, from the comfort of your own home! Team members need to have reliable internet, be able to communicate clearly and be able to offer comfort and care. For more information call RSVP at (845) 452-5104 x 101.



VA HUDSON VALLEY HEALTH CARE SYSTEM & THEIR VOLUNTEERS!

Throughout 2020, the Castle Point Food Pantry has kept its doors open with the help of their volunteers. The Ambassadors and Red Coat volunteers continue to help at the main entrance and Wayfinders assist Veterans as they navigate through the facility.

In addition, due to the distance Veterans have to walk from their vehicles to the vaccine walk-in clinics, Volunteer Transportation Drivers have been placed to transport the individuals to the entrance and back to their vehicles.

For over 75 years, volunteers have been instrumental and a terrific asset to the facility!



HABITAT FOR HUMANITY OF DUTCHESS COUNTY RESTORE MOVED

Executive Director Maureen Brennen Lashlee stated "Habitat for Humanity of Dutchess County is so incredibly pleased to announce that our ReStore moved to a larger and more customer friendly location. Not only is the Nine Mall Plaza conveniently located, it is also located on the LOOP run. Every item purchased brings a family closer to a permanent home they can call their own."



Store hours are 10:00am - 5:00pm., Tuesday -Saturday. Donations are accepted at the loading dock located right behind the store, 10:30am - 3:30pm., Tuesday - Saturday. Access is gained by driving around the plaza and signage is located at both loading docks. As always, donors can schedule online at <https://www.onlinedonationpickup.com/habitatdutchess/#intro> or contact the donations department via email at: restoredonations@habitatdutchess.org

FREE FARM STAND RETURNS TO DUTCHESS OUTREACH

Dutchess Outreach's Farm Stand is open to **ALL!** Don't miss out on **FREE** fruits and vegetables, but **PLEASE** bring your own bag. Walk-through and Drive-through options are available. The Farm Stand is usually open every 3rd Friday of the month.

Due to COVID-19, operation of the Farm Stand has changed. From 12 pm through 1:30 pm, pedestrians can pick their free bag of groceries at the North Clinton Street Gate. From 2 pm through 3:30 pm, free groceries will be available for drive-through pick up at the front entrance of the Family Partnership Center off of North Hamilton Street.

This program is made possible thanks to the Regional Food Bank of Northeastern New York and Community Foundations of the Hudson Valley.

For schedules and events, please visit <https://dutchessoutreach.org/event/free-farm-stand/>

THE 29TH ANNUAL SENIOR PICNIC PROGRAM HOSTED BY DUTCHESS COUNTY OFFICE FOR THE AGING

returns in drive-thru form again, starting just before Memorial Day and continuing through the summer. You should receive a reminder card in the mail from Dutchess County Office for the Aging about six weeks before the picnic serving your community.



6 OUR COMMUNITY

VIRTUAL AND OTHER SOCIAL DISTANCED ACTIVITIES FOR SENIORS

Get rid of the winter blues by checking out your school's Continuing Adult/Community Education Programs, activities offered by local libraries, Town Hall Events and Programs, or Dutchess County Office for the Aging's "Tai Chi" or "A Matter of Balance" (socially distanced and remote) classes. While there is a charge for school programs, the others offer free or inexpensive events that you can join to help you from feeling socially isolated, with many being virtual. You can:

- Get basic computer or Microsoft skills
- Exercise with Yoga or Tai Chi
- Play Trivia From Home
- Work on Craft Projects
- Enjoy reading in a Book Club
- Learn through a variety of educational discussions



They also offer in-person walking clubs, knitting and crocheting projects, writing workshops and much more. Go online and view local events to see what you can sign up for today!

SCAM PREVENTION RESOURCES

If you suspect a scam phone call, don't pick up... ..and if you did pick up, **just hang up**

- Don't say anything • Don't press any buttons • Don't call them back

If you think you've been scammed, contact your local authorities and financial institutions as necessary, along with these other resources:

Phone Scams - (877) 382-4357

Identity Theft - (877) 438-4338

Medicare/Medicaid Fraud:

(800) HHS-TIPS (447-8477)

Medicare Advantage Fraud:

(877) 7SAFERX (772-3379)

Social Security Scams:

800) 269-0271

Utility Scams:

Central Hudson - (845) 452-2700

NYSEG - (800) 572-1131

How Does Your Garden Grow?

E I G R W A D G S T T S E V O L G S G
F E N E O T P O P R R R P I T C H I O
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O A H O P E H G L K E G A I L O F S P
F E R T I L I Z E R A Z G R O W O K M

Word List:

ANNUALS
DIGGING
FOLIAGE
GREENHOUSE
HOSE
PITCH
RAIN
SEEDS
SPADE
VEGETABLES

BIENNIAL
DIRT
GARDENER
GROW
ORGANIC
FORK
RAKE
SHOVEL
SUNSHINE
WATER

COMPOST
FERTILIZER
GLOVES
HOES
PERENNIAL
PLANTING
RELAXING
SHRUBS
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Wellness and Life Enrichment Highlights

- Dedicated Nurse Infection Preventionist at each location
- Ongoing infection control education for all staff
- Private rooms for quarantining new admissions
- Virtual visits with family members
- Socially distant activities and programs to keep our residents engaged

At Wingate Healthcare, the safety and health of our community is our top priority. Contact us today for more information on our latest safety initiatives and visit our website for details on a community near you.

1-833-2WINGATE

Applications for long-term care now being accepted.

Located in Beacon, Fishkill and Highland, NY | www.wingatehealthcare.com





**AmeriCorps
Seniors**

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POUGHKEEPSIE, NY 12601

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Newburgh NY

SAVE THE DATE

Join RSVP of Dutchess County
and
Hudson Valley Chapter of the Alzheimer's Association
For a **FREE** virtual program

10 Warning Signs of Alzheimer's

Join us to learn about 10 common warning signs and
what to watch for in yourself and others.

Wednesday, May 5th

1:00 p.m. – 2:00 p.m.

To Register Call the Alzheimer's Association
(800) 272 - 3900



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Seniors**

RSVP
of Dutchess County

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