



# VOLUNTEER VOICE

FOURTH  
EDITION

2020



**AmeriCorps  
Seniors**

## SENIOR CORPS HAS A NEW NAME!!!

RSVP of Dutchess County, sponsored by Community Action Partnership for Dutchess County, is now under the banner of AmeriCorps Seniors. The change unites all national service programs under the name AmeriCorps. Our mission of engaging volunteers in meaningful service activities in the community remains the same. I'm sure we can find a volunteer position for you.

I can't believe that this is our last newsletter for 2020. We are heading into the fall season, which culminates in Thanksgiving and then onto the winter and holiday season. I hope that the Farmer's Almanac prediction of a cold and snowy winter doesn't come true! What is true, is the new name for our national volunteer service organization. The Corporation for National and Community Service will now operate as "AmeriCorps" and all RSVPs across the nation will operate and be promoted under the banner of "AmeriCorps Seniors." Along with the name change, we have a new logo. The CEO of AmeriCorps, Barbara Stewart, noted in a current press release, that as the nation continues to grapple with the challenges of COVID-19 and other disasters,



the demand for volunteers is growing, particularly in the areas of education, public health, food insecurity, and economic uncertainty. "When called upon, Americans have always been there to help. Today is no different, and this spirit of service is needed now more than ever," she said. AmeriCorps Seniors of Dutchess County has many opportunities in which you can serve. We are committed to bringing individuals together to strengthen communities and volunteering has the power to bring out the best of America. Give my office a call at (845) 452-5104 x 101 and we will work with you to find a rewarding volunteer experience. Please continue to practice social distancing and stay well. Wishing everyone a Happy and Healthy Holiday Season.



**AmeriCorps  
Seniors**

A PROGRAM OF COMMUNITY  
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## RSVP DELIVERS GREETING CARDS TO NURSING HOMES RESIDENTS

During this time of self-isolation, RSVP was busy personalizing and delivering greeting cards. Wingate at Dutchess, a skilled nursing facility, was the first recipient of 135 cards. RSVP has plans for delivering more cards to other facilities shortly. We know the cards brightened their day and brought some joy into their life.

We received the following response from Mary Ellen Geary, NY Regional Marketing Coordinator, Wingate Healthcare, “Thank you, JoAnn and all the RSVP volunteers for the thoughtful greeting cards you made for our residents. They were well received and very much appreciated by all! Wingate Healthcare is grateful for the partnership with RSVP, as we continue our efforts to serve the senior community.”

If you are interested in writing cards, call our office at (845) 452-5104 x 101 and we will get you set up.



**Pictured from left to right:** Clayton Harbby, Wingate Administrator, JoAnn Hickman, Theresa Norbom and Mary Ellen Geary

## OCTOBER IS WEATHERIZATION MONTH

The Weatherization Assistance Program delivers energy efficient services to low income households.

Weatherization Measures create an average energy savings between 10 to 30 % (depending on the cost of fuel and electricity per home).

Complete a Weatherization Application so we can provide an energy audit on your home. Based on the audit, we will insulate the home, attic, basement or sidewalls, seal windows and doors, or clean the furnace to make sure that it is running efficiently. We can also install dryer vents and LED light bulbs, bath and kitchen fans for proper ventilation, or carbon monoxide & smoke detectors for health & safety measures. We have partnered with EmPower New York to provide no-cost energy efficiency solutions funded by NYSERDA (**New York State Energy Research & Development Agency**) which allows us to reach more homes and provide more assistance. **Please call Patty at (845) 452-5104 x-127** for more info.



## STEPPING INTO SUCCESS

Dress For Success is empowering women to reach their full potential with a no-cost virtual boot camp called Stepping into Success (SIS).

SIS is a comprehensive, rigorous employment development program for unemployed and underemployed women actively seeking sustainable employment, held Wednesday mornings, October 14th — November 18th. **Please call Robin at (845) 452-5104 x-144** to register.

## AARP TAX AIDE

Volunteer tax preparers are needed to help low-income households get the tax credit they deserve. Free training, flexible schedule and a COVID-19 safety plan in place. **Please call Linda @ 845-475-7500.**

## 4 RSVP MEMBER NEWS

Join AmeriCorps Seniors and become an RSVP volunteer. We have over 30 organizations that you can choose to volunteer with, including the **two new organizations** below! Contact JoAnn, Director of RSVP at (845) 452-5104 x101 to find out more.

### ALZHEIMER'S ASSOCIATION, HUDSON VALLEY CHAPTER! BECOME A VIRTUAL VOLUNTEER!

If you are interested in connecting with a variety of people in your area, teaching caregivers about Alzheimer's, organizing fun social activities for people living with Alzheimer's, helping community members find programs and services, facilitating a safe environment where people can share feelings and experiences, advocating for people with Alzheimer's, inviting others to join the cause or raising funds to advance the fight to end Alzheimer's then a volunteer role with the Alzheimer's Association may be a perfect fit for you.

Across Dutchess County residents struggle with Alzheimer's. The impact of COVID-19 has only exacerbated the isolation felt by these residents and their families.

Understanding this crisis, four VIRTUAL VOLUNTEER positions have been created:

- ◆ Virtual Community Representative
- ◆ Virtual Community Educator
- ◆ Support Group Facilitator
- ◆ Support Group Mentor



The Alzheimer's Association will provide training, information and electronic or printed materials to assist in your efforts. Orientation includes several hours of online learning, self-study and shadowing or mentoring by local Alzheimer's Association staff and volunteers.

### AMERICAN RED CROSS IN THE HUDSON VALLEY!

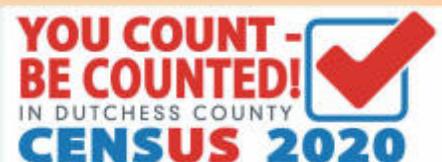
The **American Red Cross in the Hudson Valley** is very active fulfilling the mission of alleviating human suffering- whether it is responding to home fires to aid those impacted with financial assistance and emotional support or providing lifesaving blood to those patients in need.

Volunteer's generosity allows military families and veterans access to important resources, such as coping skills, emergency communication and services in the community to help with a need.

There are many volunteer opportunities within the Red Cross to help deliver the powerful mission. We are seeking volunteers to assist at Blood Drives, to take temperatures of donors entering and help with registration. There are virtual opportunities to volunteer as well, working with veterans and military families as a caseworker providing resources and support.



Time is running out, please complete the 2020 Census by October 31st. Go to [2020Census.gov](https://2020Census.gov) or call (844) 330-2020.



When COVID struck, the Bardavon and UPAC knew a shut-down was necessary. We didn't realize that it would be months before we could even entertain the idea of seeing each other. For an organization with more than 60 volunteers that make up the majority of the Front of House operations for both theaters, it feels like a big family. Over the months of quarantine, we missed our Bardavon family as much as our own. Keeping in touch through Facebook and emails wasn't enough, so we held the first of many meetups. On September 15, a few of us got together at Waryas Park in Poughkeepsie and caught up like no time had passed.

Built in 1869, the Bardavon has seen: Our country at war with the world (twice), Korea, Vietnam, Afghanistan, and Iraq. Two stock market crashes, the Great Depression, McCarthyism, September 11th, assassinations, the Great Migration, the Industrial Revolution, the Civil Rights movement, 28 Presidents, 35 Governors, 151 years of baseball, the Spanish flu, polio, Hurricane Sandy, and that nasty Irene, Floyd, Edna, and Agnes. She watched the Vanderbilts, the Astors, the Vassars, and the Roosevelts build their legacies, a few bridges, and the Walkway and a million things in between. So, when concerned people ask me IS THE BARDAVON GOING TO BE OK?! I always say with confidence, YES. This, too, shall pass. Keep the faith.

*Submitted by: Donna Verteramo, Bardavon Operations Manager*

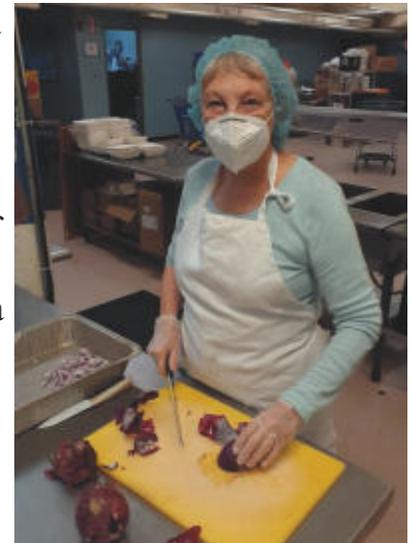
**Pictured from left to right:** Patricia Barassi, Louie Pappas, Peggy MacDonald, Tom Ostrofsky, Robert Selcov, Danny Sutherland, Alice Greco, Marianne Durr, Claudette Hennessey, Dave Murray, Heidi Weber, Lou Newman



**Rosemary Ragonese** is a Dutchess Outreach volunteer and has been a member of RSVP since 2011. Known to volunteer in the Dutchess Outreach Lunch Box, every Thursday, she is affectionately known as one of the "Thursday Ladies."

In 2018, Rosemary Ragonese was awarded "*The Mary Keeley Award*" by Dutchess Outreach. "*The Mary Keeley Award*", named in honor of the first Director of Dutchess Outreach, is given to a volunteer for "Caring First for People." It is given to that volunteer who has made a long-term commitment through Dutchess Outreach to help those in need in our community. Rosemary continues to show her compassion at Dutchess Outreach.

We appreciate and are grateful to **Rosemary Ragonese** for her volunteerism.



Are you looking to enrich your life with a rewarding purpose and in turn put your talents and skills to use to improve the lives of others? Become an AmeriCorps Senior Volunteer. You will meet new people, learn new things, enhance your mind, and stay young and healthy. Call (845) 452-5104 x 101 or [rsvp@dutchesscap.org](mailto:rsvp@dutchesscap.org)



## WHAT SENIORS SHOULD KNOW ABOUT ARTHRITIS

Arthritis is a term for a class of diseases that cause pain, swelling and stiffness in the joints and is the main cause of disability among those over 55. Although the cause is unknown, things that raise your chance of getting it are: Age, gender (more common among women, except for gout), genes, excess weight, joint injuries, infections and hard work requiring knee bends/squats.

While there is no cure for arthritis, there are ways to mitigate its painful effects:

- ◆ *Eating healthy:* Salmon, garlic, ginger, broccoli, walnuts, berries, spinach, grapes, olive oil, and tart cherry juice and citrus fruit, help reduce inflammation. Avoid highly processed foods.
- ◆ *Sturdy shoes* to assist with balance and *warmer clothes* to stay warm in winter months.
- ◆ *Adaptive devices* such as a cane can help with pain in the feet, knees, and hips when walking. Additionally, walkers, raised toilet seats and other assistive devices can help protect joints and improve the ability to perform daily tasks.
- ◆ *Weight loss.* Losing extra weight will reduce the stress on weight-bearing joints. This may increase mobility and limit future joint injury.
- ◆ *Regular exercise* can help keep joints flexible. Swimming or water aerobics is often a good choice because the buoyancy of the water reduces stress on weight-bearing joints.
- ◆ *Heat and cold.* Heating pads, a warm bath or ice packs may help relieve arthritis pain.
- ◆ *Medications and certain Vitamins* prescribed or approved by a doctor.



### Thanksgiving Word Search

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S S D N E I R F S Q U A S H S L G P D
Y R S R H A T E R R N S F A M I L Y T
E P C S T U M H E D U T I T A R G M N
K F A E U T T A A E P O T A T O E S N
R E R D O U M R H N K A O D B R U E E
U A V P M M A X E O K W E B L O I E R
T S E N Y N Y Z O S C S L K I P N M C
E T S A L H F C S R S E G C A O O R L
S G T C P T L O T Q B E I I B B A R E
L U U A F A O R S E N L D H V N U G F
H I F E O G W N I F E O S M B I R O T
A O F P O B E U N D E I V E E A N P O
R T I F T A R C O H W L R E T A U G V
V G N G R P Y O I O F R L R M M L F F
E R G R A P U P O L Y R F A P B T H R
S A L L L L W I C I A U T K F S E H S
T V C V L E K A T D L I I N A C I R B
E Y Y E M F V A J A E N S B C U L G F
A N M I R G L I P Y C E L E B R A T E
    
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#### Word List:

APPLE	PIE	AUTUMN	BAKE
BASTE	CELEBRATE	THANKSGIVING	COOK
CORNUCOPIA	CRANBERRY	CARVE	COLONISTS
DESSERT	DELICIOUS	DINNER	FALL
FAMILY	FEAST	FOOTBALL	FRIENDS
GOBBLE	GRATEFUL	GRATITUDE	GRAVY
HAM	HARVEST	HOLIDAY	LEFTOVERS
MAPFLOWER	MEAL	NOVEMBER	PERCAN
PUMPKIN	PLYMOUTH	PILGRIM	STUFFING
POTATOES	SQUASH	WISCONSIN	TURKEY

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**RSVP of Dutchess County** has been delivering **masks** to our Stations for their hard working volunteers to use. If you haven't received your mask, contact your Volunteer Coordinator today!

### VANILLA EGG NOG

- 3 **pasteurized** eggs (or 3/4 cup **pasteurized egg product**)
- 1/3 cup sugar
- 4 cups low-fat milk
- 1 cup low-fat vanilla yogurt
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon salt
- Whole nutmeg, grated

The egg nog on the front cover looked delicious, so we found a low fat recipe. Whip up a batch and enjoy!



In a blender, mix eggs and sugar. Add milk, yogurt, vanilla and salt; blend until frothy. Pour into serving glasses, and garnish with freshly grated nutmeg.

