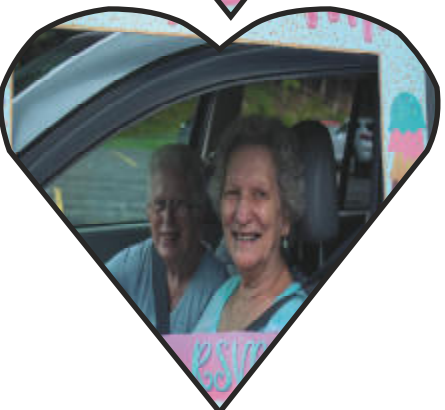




VOLUNTEER VOICE

THIRD
EDITION

2021



Here's the scoop...RSVP loves their volunteers!



MAPLEWOOD SENIOR CITIZEN APARTMENTS

Now Accepting

Applications for studio and one bedroom apartments. Apartments designed for elderly and handicapped/disabled persons. Rent is based on income and utilities included.

Call for more information. Currently at this time there is a waiting list.

457 Maple Street, Poughkeepsie, NY 12601

Phone: (845) 473-4477 TTY: 771

A Boston Land Company Community

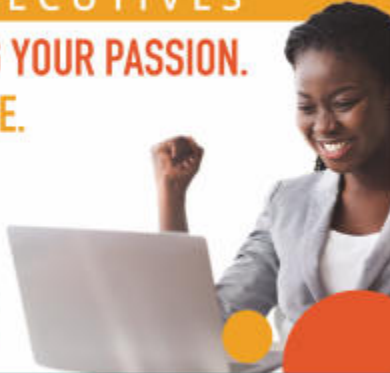


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Hudson Valley
Hospice

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Thrive Locally



This month's cover features pictures from our recent drive-thru. Everyone is missing our annual volunteer recognition breakfast and so we did the next best thing! It was so nice to see many of our volunteers. We had the opportunity to chat for a few minutes, take pictures and hand them a bag filled with goodies. Of course, it wouldn't be an RSVP event without a theme. Since we have the "scoop" on the best volunteers, our goodie bag included a gift certificate, sponsored in part by **Senator Sue Serino**, for ice cream at East Fishkill Provisions, an ice cream scoop donated by **Wingate Healthcare**, an ice cream dessert dish and additional items donated by **Fidelis Care**, **Tompkins Mahopac Bank** and **Central Hudson**. A big thank you to the RSVP Advisory Council: Colleen Ashe, Linda Gregorius, Carol Secor, Kathleen Spencer and Wendy Weiner, who made our event a success. Thank you to my assistant, Lynn Winkelbauer, for taking pictures. She captured the smiles of our volunteers! Let's hope we can all be together next year when we celebrate our 50th Anniversary!

COVID-19 VACCINES ARE SAFE, EFFECTIVE, FREE AND AVAILABLE NEAR YOU!

DUTCHESS RESPONDS **VACCINATE NEW YORK**

COVID-19 vaccines are the best way to protect yourself and your loved ones and are widely available throughout our community. They are safe and highly effective in reducing serious illness. Free of charge & do not require health insurance. Available regardless of immigration status and the best defense against new variants of COVID-19.

Need help? Call the Dutchess County COVID Information Line at (845) 486- 3555.



Hudson Valley CASH Coalition and AARP Tax-Aide provides free tax preparation to low-to-moderate income residents. Volunteers are needed to continue to provide this support. Tax Counselors and other volunteer roles are available and free training is provided. For more information or to volunteer, contact JoAnn Hickman, (845) 452-5104 x 101 or rsvp@dutchesscap.org.

Join RSVP for a *free* virtual program in partnership with the Alzheimer's Association

Tuesday, November 9th ~ 11:00 am - Noon

To register: email rsvp@dutchesscap.org or call JoAnn Hickman (845) 452-5104 x 101

ALZHEIMER'S IS NOT NORMAL AGING

Join us to learn about: The impact of Alzheimer's * The difference between Alzheimer's and dementia * Alzheimer's disease stages and risk factors * Current research and treatments available to address some symptoms * Alzheimer's Association resources



RSVP
of Dutchess County



WELCOME TO OUR NEW AMERICORPS SENIORS RSVP VOLUNTEERS!

Cornelia Firth	Literacy Connections of Dutchess County
Angela Lynn	DC Office for the Aging - Poughkeepsie Friendship Center
Debra Merritt	Meals On Wheels of Wappingers Falls
Kay Rothman	Literacy Connections of Dutchess County

Thank you for joining the ranks of more than 270,000 AmeriCorps members and AmeriCorps Seniors volunteers across the country.

WEATHERIZATION

“Weatherizing” a home involves installing a wide variety of energy efficiency measures. This includes insulation around doors, windows and in attics; installing smart appliances and new heating systems if needed. Health & Safety measures include installing CO and Smoke Detectors. The most effective weatherization utilizes a “whole home approach” which combines several of these procedures to reduce net energy use.

October is weatherization month. Help us make your home more energy efficient. Call the Weatherization Assistance Program today for your free energy audit at (845) 452-5104 x127.

Besides Weatherization, Community Action Partnership for Dutchess County has multiple programs available to assist you. Meet with one of our Family Resource Coordinators to be screened and apply for assistance programs such as Weatherization, Home Energy Assistance Program (HEAP), or other discount utility programs. We have offices in Poughkeepsie, Beacon, Dover, and Red Hook. We can be reached various ways. Send an email to info@dutchesscap.org, visit our website at www.dutchesscap.org and select “Apply for Services” or call the office directly at (845) 452-5104.



“Helping People. Changing Lives.”

When you join AmeriCorps Seniors, you choose how you want to serve in your community. Our program will match you with service opportunities offered by our partner organizations.



You can help a struggling child learn to read, deliver groceries to an elderly neighbor or drive them to a medical appointment. You can also assist with free tax preparation, help connect veterans and their families to much needed services, volunteer at a Senior Friendship Center or deliver meals to a homebound senior. These are just a few of the service opportunities available to you through AmeriCorps Seniors as an RSVP Volunteer. Additional member benefits include: supplemental volunteer insurance, a copy of our quarterly newsletter, the Volunteer Voice, an invitation to our annual recognition event and additional training or learning opportunities. For instance, on November 9th, at 11:00 a.m., we’re having a free informational webinar hosted by Alzheimer’s Association. All are invited and please feel free to tell others who might be interested.

Additional member benefits include: supplemental volunteer insurance, a copy of our quarterly newsletter, the Volunteer Voice, an invitation to our annual recognition event and additional training or learning opportunities. For instance, on November 9th, at 11:00 a.m., we’re having a free informational webinar hosted by Alzheimer’s Association. All are invited and please feel free to tell others who might be interested.

MEALS ON WHEELS OF GREATER POUGHKEEPSIE TURNED 50!

Fifty years ago, five women from Poughkeepsie saw a need in their community and Meals on Wheels of Greater Poughkeepsie was born. The organization has been serving the greater Poughkeepsie area by bringing hot, nutritious meals to people, of any age, in the community who are unable to prepare them for themselves. Meals are delivered Monday through Friday by **volunteers**. Without volunteers, this program would not be celebrating their 50th anniversary! If you are interested in volunteering, please call RSVP at (845) 452-5104 x 101 to learn more.

Hudson Valley Long Term Care Ombudsman Program serves residents of nursing homes and adult care/assisted living facilities in 6 Hudson Valley counties including Dutchess. An Ombudsman is a **resident-centered** and **resident-directed** advocate for resident rights, quality of life and quality of care while residing in a nursing home for short term rehab or for long term care, as well as for residents living in assisted living facilities and adult homes. The Ombudsman Program is powered by dedicated and certified staff and volunteer Ombudsmen who are trained under the guidelines of the NYS Ombudsman Program. Our responsibility is to listen to, investigate and assist with resolutions for resident and/or family concerns.

Due to COVID, the program has experienced a loss of volunteers while having an increase in resident concerns regarding quality of care and quality of life.

GOLDEN AGE SINGERS ARE BACK!

After an 18 month hiatus due to the pandemic, the Golden Age Singers are finally getting back to singing. They will be rehearsing at the Christ Episcopal Church on Academy Street in Poughkeepsie. New male singers are needed, they must be vaccinated and willing to sing with a mask. No audition or particular experience needed, just a desire to have fun singing. An outside tent will provide lots of ventilation and space, come and give them a try on Mondays, from 1:00 p.m. - 3:00 p.m. at 20 Carroll Street, just off Montgomery Street. **Please bring proof of vaccination.**

DUTCHESS OUTREACH UPDATES

Every third **Friday**, starting at 10:30 a.m., cars and pedestrians will be welcomed at the front entrance of the Family Partnership Center off of 29 North Hamilton St. to pick up a **FREE** bag of groceries. Don't miss out on **FREE** fruits and vegetables! The Farm Stand is open until they run out, so get there early.

The Children's Clothing Closet is open, every **Tuesday**, 10:00 am - 12:00 p.m. There is **FREE** new and gently used clothing for children of all sizes and genders.

The Food Pantry, located at 29 North Hamilton St., provides a five-day supply of **FREE** groceries for the entire household and is open 8:30a.m.-11:00 a.m., **Mondays, Tuesdays, Thursdays** and **Fridays**.

For more information on these and other volunteer opportunities, call RSVP call 452-5104 x 101 or email rsvp@dutchesscap.org

LATEST VENTURE IN MEMORY CARE

On September 21, 2021, the Center for Advanced Memory Care at *ArchCare at Ferncliff Nursing Home and Rehabilitation Center* announced a collaboration with the Center for Applied Research in Dementia in order to offer the evidence-based Montessori Inspired Lifestyle® for memory care at the Center upon its opening.

The Montessori Inspired Lifestyle® is a cutting-edge “way of life” method for persons with dementia that is focused on individual capabilities, providing a sense of purpose, belonging and recognition. Proven clinical outcomes, including a decrease in usage of certain sleep and psychotropic medications, are realized as staff treat residents with meaningful activities throughout each day.

For more information or to join the waiting list for the Center for Advanced Memory Care at ArchCare at Ferncliff, please call 855-951-CARE (2273).

TIPS FOR THANKSGIVING

- * Downsize your 20lb turkey with a Turkey Breast cutlet, Cornish game hen, or ham steak.
- * For easy cleanup, use sturdy “fancy” plastic plates and a foiled-lined pan.
- * Concentrate on Family and Friend Time. Stage a virtual gathering using ZOOM, FaceTime, Skype, Google Duo, Facebook Messenger, WhatsApp or a simple phone call. Choose a convenient time for everyone and catch up on recent events and things that you are thankful for.
- * Prepare desserts, appetizers, sides and salads in advance to free up your time to spend with family and/or friends.
- * Join a Facebook Interest Group and celebrate your interest in Painting, Reading, Music, Cooking, etc. with others.
- * Go for a walk, enjoy nature
- * Remember, there is always something to be thankful for.

Celebrate National Pasta Day!

E R I G A T O N I I D C A V A T A P P I
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Word List:

AGNOLOTTI
 CAPELLINI
 DITALINI
 GEMELLI
 MACARONI
 NOODLE
 PAPPARDELLE
 RAVIOLOI
 SPAGHETTI
 ZITI

BUCATINI
 CASARECCE
 FARFALLE
 GNOCCHI
 MANICOTTI
 ORECCHIETTE
 PASTA
 RIGATONI
 TAGLIATELLE
 SEMOLINA

CAMPANELLE
 CAVATAPPI
 FETTUCCINE
 LASAGNE
 DURUM
 ORZO
 PENNE
 ROTELLE
 TORTELLINI
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Happy Halloween *Happy Thanksgiving* *Veteran's Day*
Election Day *Caregiver Appreciation Day* *Sadie Hawkins Day*
Great American Smokeout *Advent* *Happy Chanukah* *Pearl Harbor Day*
Winter Solstice Festivus *Merry Christmas* *Boxing Day*
Happy Kwanzaa *National Fruitcake Day* *Happy New Year*



As 2021 comes to a close, I would like to take a moment to tell you how proud I am of all of our volunteers. You are truly the fabric of our community and your work is so appreciated by all of us and by those that you serve. As we head into the new year, we are presented with new opportunities to shine the light of giving on our neighbors.

It has been written that goodness begets goodness and that bad begets bad, so it is not only the services you provide; it is your faithful commitment to helping others and doing good that makes our world a better place.

Have a safe and happy holiday season and know that your work is appreciated and makes a difference in so many ways!