



VOLUNTEER VOICE

SECOND
EDITION
2022



AmeriCorps members + AmeriCorps Seniors volunteers!

#AmeriCorpsWeek
AmeriCorps.gov/AmeriCorpsWeek



AmeriCorps Seniors

This is our 50th Anniversary as an RSVP program in Dutchess County and we are so proud of this milestone! RSVP was created by Congress in 1969 under the National Older Americans Volunteer Program. In 1972, RSVP of Dutchess county was established. RSVP acts as a catalyst by providing volunteers to organizations that deliver much-needed services throughout the county.

RSVP

We make connections
happen for our
volunteers!



AmeriCorps, the federal agency for national service and volunteerism celebrated AmeriCorps Week to recognize the millions of Americans ages 18 and older who serve with AmeriCorps and AmeriCorps Seniors and RSVP of Dutchess County celebrated AmeriCorps week in style! Using our social media platforms we sent email blasts and posted on LinkedIn and Facebook. We are proud of our volunteers and want the community to be aware of all that you do. The posts celebrated our volunteers who have pledged to “get things done” in Dutchess County. As a dedicated volunteer in the AmeriCorps Seniors RSVP program you are delivering meals to the homebound, driving seniors to medical appointments or to the grocery store, advocating for our veterans and providing free income tax preparation to individuals and seniors.

RSVP provides opportunities for volunteers to serve and address the most pressing challenges in our community, improve lives and strengthen civic engagement. Our goal is to find and connect you with a fulfilling volunteer opportunity. A big heartfelt thank you to our 275+ active members working together for the betterment of Dutchess County.

Would you like to be part of our team?



AmeriCorps
Seniors

A PROGRAM OF COMMUNITY
ACTION PARTNERSHIP FOR
DUTCHESS COUNTY



like us on
facebook



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.

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Wherever you **need us**

Hudson Valley
Hospice

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HVHospice.org / (845) 240-7555

Thrive Locally



NEW CUTTING-EDGE HOSPICE RESIDENCE IN DUTCHESS COUNTY

Congratulations to Hudson Valley Hospice who broke ground to build a \$10 million Hospice House, the first hospice residence in Dutchess County. It is expected to open in early 2023. The Hospice House will ensure that patients who have life limiting illnesses can be cared for in a graceful and peaceful environment.

The 15,000 square foot residence will have fourteen homelike private suites, with seating areas that include a convertible sofa so loved ones can stay overnight. Each suite will open to a peaceful Meditative Garden. The House will also have spacious dining and gathering rooms allowing family and friends to join their loved one. The goal is to make the facility feel like a “home” and patients can find comfort and solace.



COUPONS AGAINST HUNGER

Dutchess Outreach is selling “Coupons Against Hunger.” This is a collection of coupons, valid through December 2022, consisting of the fine local restaurants, cafes, breweries, shops and services. Help support Dutchess Outreach and the local businesses in the “Coupons Against Hunger” which are being sold for \$105. Your donation helps Dutchess Outreach continue to provide food and emergency assistance during this especially difficult time for many of our neighbors. To get your coupons, or to see the list of businesses offering coupons, go to:

<https://dutchessoutreach.org/event/coupons-against-hunger/>

Dutchess Outreach Farm Stand offers **FREE** produce once a month to everyone! The next Farm Stand will be held on May 20, 2022 at The Trolley Barn located at 489 Main Street, Poughkeepsie, beginning at 9AM until the food is gone. Don’t forget to “bring your bag.”



Loving Hands of St. Denis, a knitting and crocheting group at St. Denis Church in Hopewell Junction, recently received a very large donation of yarn and is looking for other community organizations that can use the yarn. In accordance with the wishes of the donor, they are requesting that items made with the yarn be donated to shelters or other organizations that are in need of their handiwork. In the years of its existence, Loving Hands has produced thousands of items that have been donated to many agencies, such as lap robes for Vassar Hospital Cancer Care patients, baby items for agencies in Dutchess County and hat and scarf sets for the clients of the homeless shelter. As stated in their mission, their knitted items are for anyone in need. New members are welcomed to join Loving Hands knitting group. They meet on Wednesday mornings from 10 am - noon throughout the year. Members will even teach you how to knit or crochet! Give our office a call for more information on joining Loving Hands.

RSVP has been one of the best-kept secrets and it’s time to change that! If you know someone looking for meaningful volunteer opportunities to make a difference or just to stay active, RSVP is the program for them! Contact JoAnn Hickman at (845) 452-5104 x 101 or Lynn at x114.

AMERICORPS SENIORS - WHY JOIN ONE OF THE LARGEST SERVICE ORGANIZATIONS IN THE COUNTRY?



Registering as an AmeriCorps Senior volunteer with the RSVP program opens the door to opportunities at nearly 37 Dutchess County organizations.

- o **Be a valued part of AmeriCorps Seniors:** With RSVP, your volunteer hours are counted as a part of a yearly national total.
- o **Personal attention from RSVP staff:** We help you find volunteer opportunities that work for your passion, skills, and schedule – and personally connect you with agencies and organizations you’d like to learn more about.
- o **Supplemental insurance:** Extra accident, personal liability, and auto insurance beyond your personal insurance cover you while you volunteer.
- o **Volunteer Voice subscription:** RSVP’s popular newsletter, which comes out four times a year, keeps you up to date on opportunities, the impact of fellow volunteers, and issues that matter to our community.
- o **Annual volunteer recognition** acknowledges and celebrates your contributions to the community.

I volunteer because I can. I’m grateful to have the mobility and time to give back to others. When I was busy raising a family and working full time, I just couldn’t take on more, but I noticed volunteers helping others and knew I would too when the time came. To everything there is a season and I believe this is my season to volunteer.

Kathleen S.



WE WOULD LIKE TO WELCOME OUR NEW RSVP VOLUNTEERS!

Volunteer	Place of volunteerism
Cornelia Fhirth	Literacy Connections of the Hudson Valley
John Heck	Alternate/Assisted Senior Living - Maplewood at Maplewood Apartments
Kay Rothman	Hudson Valley Hospice Care
Barbara Roth	Literacy Connections of the Hudson Valley

Thank you for joining the ranks of more than 270,000 AmeriCorps members and AmeriCorps Seniors volunteers across the country. For all volunteer opportunities call JoAnn Hickman, (845) 452-5104 x 101 or rsvp@dutchesscap.org.

RSVP OF DUTCHESS COUNTY VOLUNTEERS NEEDED

RSVP strengthens **public** and **nonprofit agencies** by matching volunteers with vital programs and services. We have a need for volunteers in many of our Stations. Contact JoAnn Hickman at (845) 452-5104 x101 or rsvp@dutchesscap.org to inquire about these or other opportunities.

A few of our volunteer needs:

Literacy Connections of the Hudson Valley - Becoming a volunteer tutor is easier than ever! Sign up to attend the next orientation and finish with a Tutor-Training Online Workshop. Volunteers are needed for the Adult Literacy and the Book Buddies programs. All volunteers will meet *in person* with their students as remote learning is no longer being offered.

Vassar Brothers Medical Center - Volunteers are an essential part of the hospital community and Vassar is currently in need of volunteers for the following roles: Concierge, Patient Care/Friendly Visitor, Music Therapy, Pet Therapy and Patient to Patient and Family to Family Support Volunteers. A volunteer open house is being held on Thursday, April 28th from 11am - 2pm.

RSVP Advisory Council Member - Only have a few hours a month to volunteer? RSVP, itself, needs volunteers! RSVP established an Advisory Council to assist in furthering its mission. Advisory Council members are considered Ambassadors. The Advisor Council meets every second Thursday of the month to discuss ongoing events, needs and future activities. Members take an active role in RSVP, impacting RSVP's success. Members may be required to assist in assessing community needs, fund raising or advising on volunteer recruitment, retention, and recognition strategies.

Beacon Friendship Center - Volunteers are urgently needed! Dutchess County Office for the Aging contracts with professionally-trained cooks who prepare food which is delivered to the Beacon Friendship Center each morning. Volunteers are needed to portion meals for the home delivered meal, congregate meals and clean-up.

Community Action Partnership - Volunteers are needed in their Red Hook location to assist with various office duties. The office is open on Monday, Wednesday and Fridays. Please call RSVP for more information. This is a perfect opportunity if you have only a few hours a day!

5 OUR COMMUNITY

SPRING IS HERE! NOW WHAT?

After several months of being cooped up in the winter, let us stretch our legs and enjoy some activities. Everyone's tastes, energy level, physical capability and passion for new adventures differ. So, why not explore what is right for you without traveling too far? Some ideas:

Check out your local (or surrounding) **Town Halls or Libraries**. Each town has a Parks and Recreation Office that offers various activities, like spring concert series, bus trips, community days, craft fairs, book clubs and holiday events. Libraries have technology assistance, lectures, game days, walking clubs and various seminars. Which activity seems fulfilling to you?

Go to **Dutchess Tourism** web site at: <https://dutchesstourism.com/calendar> to find events in Dutchess County, including indoor and outdoor music concerts, festivals and craft fairs. Dutchess Tourism also highlights activities to do throughout the year in Dutchess, such as hunting, golf, river activities, scenic tours, parks and gardens as well as art museums and galleries, cultural centers and theaters. Do any of these interest you? Sign up today.

Lastly, get more ideas from reading the **local paper** or **searching online (Google, Evensi, or Eventbrite are some tools/apps)**. There is always something going on in the community. Some activities can be in your own backyard while others may require a short drive or may be the drive itself. Activities include gardening, spring cleaning or a neighborhood walk. Drive to a restaurant you haven't been to before but have wanted to try. Go to a park and bring a picnic lunch.

Discover the rich past of Dutchess County by visiting a historic site, a local farm that offers farm-to-table eating, a local winery or orchard. Remember to be mindful of COVID while you are out and about. Make sure you are fully vaccinated.

What's in Your Vegetable Garden?

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

Word List:

CARROTS
ZUCCHINI
BEETS
CORN
ONION
RHUBARB

PEPPERS
SQUASH
BROCCOLI
CUCUMBER
POTATO
KALE

BEANS
PUMPKIN
PARSNIP
EGGPLANT
RADISH
SORREL

PEAS
ASPARAGUS
CAULIFLOWER
LETTUCE
TURNIP
TOMATO



**Get Over
COVID-19**

**Get Vaccinated!
Get Boosted!
Stay Healthy!**

Covid is still a risk, get extra protection for you and your family. **Get your booster!**

All about boosters!

- People who received the Pfizer-BioNTech or Moderna COVID-19 vaccine should get their booster dose at least six months after their initial series.
- Eligible persons who received the Janssen/Johanson & Johnson COVID-19 vaccine at least two months ago should get a second dose.
- Eligible persons should consult with their primary health care providers about which vaccine is best for their booster dose.



(845) 486-3555
DutchessNY.gov/COVIDVaccine

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**AmeriCorps
Seniors**

DUTCHESS COUNTY COMMUNITY ACTION AGENCY
77 CANNON STREET
POUGHKEEPSIE, NY 12601

ODDS AND ENDS FROM THE BACK PAGE...



Keep an eye out for **RSVP's SAVE THE DATE!** We are currently planning our 50th Anniversary Celebration in September. *Hope to see you there!*

Returning Summer 2022!

Dutchess County Office for the Aging presents their **FREE** picnics for Adults 60+

- ♦ Picnic season begins June 1st at Boyce Park, Wingdale
- ♦ For more information call Office for the Aging at (845) 486-2555

