



# VOLUNTEER VOICE

FIRST  
EDITION

2022



**AmeriCorps  
Seniors**

RSVP of Dutchess County, sponsored by Community Action Partnership for Dutchess County, is 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. Call RSVP at (845) 452-5104 x 101 or [rsvp@dutchesscap.org](mailto:rsvp@dutchesscap.org)

*Happy New Year!*

Instead of writing an article elaborating on New Year's resolutions, that we know many of us won't keep, I decided to share with you some inspirational quotes. Hopefully some of them will resonate with us as we journey throughout the year.

***Trust the magic of new beginnings.*** You won't magically solve all your problems once the clock hits 12 on New Year's Eve. But the power of the new year is the momentum it creates. It resets the calendar, and you have a completely new canvas in front of you. And it's up to you to make it ***awesome.*** ***From ourmindfullife.com***

"You don't have to be great to ***start.*** But you have to ***start*** to be great." The new year is the perfect time to start new projects, take on new roles and pick up a new skill. ***Zig Ziglar***

"You are never too old to set another goal or to dream a new dream." ***C. S. Lewis***

"You'll never get bored when you try something new. There's really no limit to what you can do." ***Dr. Seuss***

"Learn from yesterday. Live for today. Hope for tomorrow."  
***Albert Einstein***

Wishing everyone a Happy & Healthy New Year. Stay Safe and Be Well.

*Jo Ann*



**AmeriCorps  
Seniors**

A PROGRAM OF COMMUNITY  
ACTION PARTNERSHIP FOR  
DUTCHESS COUNTY



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## ARE YOU IN NEED OF A HOME DELIVERED MEAL?

**Meals on Wheels of Greater Poughkeepsie** provides hot, nutritious meals to those of any age in the City and Town of Poughkeepsie who cannot prepare their own meals. Volunteers deliver meals Monday through Friday, every week of the year. One meal a day only costs \$22.50 a week which includes a hot meal, bread, dessert and milk. Two meals a day only costs \$30.00 a week. For the additional \$1.50 per day you will receive a sandwich, dessert and milk.

If you are interested or know someone who could benefit from this meal service, please call Meals On Wheels of Greater Poughkeepsie at (845) 452-2245.

If you are interested in volunteering, please call RSVP at (845) 452-5104 x 101.

## DUTCHESS OUTREACH

Dutchess Outreach's Farm Stand offers **FREE** produce once a month. Absolutely anyone can come and get free fruits and vegetables, but **PLEASE** bring your own bag. The January 21, 2022 Farm Stand will be at the Poughkeepsie Trolley Barn (489 Main Street). The food will be distributed at 9 AM until it runs out. Coats and winter items will be available starting at 9AM.



## THE HOUSE THAT HABITAT RESTORE BUILT!

Habitat for Humanity believes everyone deserves a decent place to live and work with their partner families to build safe, financially sustainable homes. To achieve their goals, not only do they rely on community support, but they also especially rely on their volunteers. Volunteers are essential in the process of building homes as well as in the daily operation of ReStore. At Habitat, they like to say, "you don't have to swing a hammer to help us build homes" and in fact, the success of the ReStore is largely possible thanks to the work of their volunteers. New volunteers of all ages and skill levels are welcome – with a promise they have a spot reserved just for you. Call RSVP at (845) 452-5104 x 101 for more information.



Recently, Habitat for Humanity of Dutchess County broke ground in the Village of Wappingers at the site of two Habitat homes to be built in early 2022! One of these homes has been unofficially dubbed "The House that ReStore built." Yes, that's right, the revenue generated by Habitat Dutchess ReStore will proudly supply the funds needed to construct a brand-new home for one of our partner families.



## YOU'VE ASKED AND WE'RE RESPONDING! WHAT IS AN RSVP STATION?

I'll begin with the federal definition copied directly from the RSVP Operations Handbook which states: A Volunteer Station is a public agency, secular or faith-based private non-profit organization, or proprietary health care organization that accepts the responsibility for assignment and supervision of AmeriCorps Seniors volunteers. Each Volunteer Station must be licensed or otherwise certified, when required, by the appropriate state or local government. Neither informal groups nor private homes qualify as volunteer stations.

Whew, that's a mouthful, so I will break it down into everyday language. RSVP Stations are places where we place our volunteers. It's as simple as that. We have 37 Stations located throughout Dutchess County. A Station can be any nonprofit or business that uses volunteers to tackle hard issues such as hunger, health care, home meal delivery programs, education, veterans, and military family support services.

At each Station, a coordinator is assigned to submit the monthly hours of RSVP volunteers to our office. Give us a call and we will match your abilities, skills and interests with one of our Volunteer Stations listed below.

AARP TAX AIDE ( Cash Coalition)	Dover Thrift Shop	Meals On Wheels - Wappingers Falls
Alzheimer's Association, HV Chapter	Dress for Success Dutchess County	Meals On Wheels of Greater Hyde Park
American Red Cross Hudson Valley Chapter	Dutchess Outreach	Meals on Wheels of Greater Poughkeepsie
Archcare at Ferncliff Nursing Home	Dutchess Tourism, Inc.	Paws for a Cause Thrift Shoppe, DC SPCA
Bardavon 1869 Opera House	Franklin D. Roosevelt Library	ReStore Dutchess, Habitat for Humanity
Catholic Charities Community Services	Friends of Seniors of Dutchess County	RSVP Advisory Council
Community Action Partnership for DC	Golden Age Singers	RSVP Comm. Serv. (Various Sites)
DC OFA Beacon Friendship Center	Hudson Valley Hospice	St. Joachim-St. John Outreach
DC OFA East Fishkill Friendship Center	Hudson Valley LTC Ombudsman Program	United Methodist Church of Hyde Park
DC OFA Poughkeepsie Friendship Center	Literacy Connections of DC	VA Hudson Valley Health Care System
DC OFA Red Hook Friendship Center	Loving Hands of St. Denis	Vassar Brothers Medical Center
DC OFA Tri -Town Friendship Center	Maplewood Apartments	
DC Office for the Aging	Meal Delivery Program- Beacon	

Volunteers are needed at all of our Stations, but there is an **urgent** need in Beacon for volunteers to help at the **Beacon Friendship Center**. We are looking for individuals to package meals for home delivery, congregate meals and clean-up.

**Hudson Valley Hospice** is looking for a volunteer courier to deliver supplies and pickup labs in the afternoon on West Road. The courier covers Dutchess and Ulster Counties. Hospice pays mileage and tolls for this position.

*Are you interested in serving your community in a way that suits your schedule, skills and interest? Become an AmeriCorps Seniors RSVP Volunteer. Call JoAnn Hickman at (845) 452-5104 x 101 or [rsvp@dutchesscap.org](mailto:rsvp@dutchesscap.org) for additional information on all our volunteer opportunities.*

## WELCOME TO OUR NEW AMERICORPS SENIORS RSVP VOLUNTEERS!

Luz Corina Ali	AARP Tax Aide
John F. Call	American Red Cross, VA Hudson Valley Health Care System
Christopher Dillon	AARP Tax Aide
Gordon Flanigan	Dover Thrift Shoppe
Edie Garvey	AARP Tax Aide
Angela Lynn	DC Office for the Aging - Poughkeepsie
Maureen Manfredo	Meals on Wheels of Greater Poughkeepsie
Linda Mannion	AARP Tax Aide
Debra Merritt	Meals on Wheels - Wappingers Falls
Lynne Misedra	Dutchess Outreach
Carrie Muse	Meals on Wheels of Greater Poughkeepsie

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](mailto:rsvp@dutchesscap.org)

Santa and his elves paid a visit to the Beacon Friendship Center. In addition to presents from Santa and RSVP, the seniors sang Christmas carols, enjoyed a holiday meal and a festive day was had by all!



**Happy Holidays from Beacon Friendship Center to all of you. Best Wishes for a Happy & Healthy New Year!**

## 5 OUR COMMUNITY

### BEST WINTER EXERCISES FOR SENIORS

Exercise is important in all phases of life because it makes it easier to perform activities of daily living (ADL). Here are a few suggestions for keeping active in the winter:

#### Go for a Walk Inside

Walking inside is one of the best ways seniors can stay active during the winter. By moving your legs, you can lower the risks of heart disease, blood pressure and diabetes and prevent strain injuries. You can also strengthen bones, muscles, and refine your balance/coordination skills.

For most seniors, the most common indoor walking area is within their local Mall, which may open before the stores open. Walking with friends is a great way to stay social, while getting great exercise.

For a more intense workout, increase the speed of your pace, use dumbbells, or move your arms with more purpose. Going for a brisk walk is great for burning calories!

#### Walk Outside in Milder Conditions

If there are no traces of snow or ice, then walking outside is another great option. Make sure to dress in layers, wear sunscreen and stay hydrated.

#### Set Up an In-Home Gym

Get the cardiovascular exercise you need with a treadmill or exercise bike with a recumbent seat. Ellipticals are another way to achieve a low-impact workout with the added benefit of an upper body workout.

Build or retain muscles with light dumbbells. No dumbbells? No worries, use the cans of soup in your pantry.

For some external inspiration, consider home workout DVDs or free YouTube videos.

#### Join a Gym

Many gyms offer senior discounts. Health insurance policies occasionally offer discounts.

#### Attend Community Classes

Taking community classes is a great way to help your body, while having social interaction. Fitness classes are offered at community locations, including libraries, schools and community centers.

### Winter Word Search

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

chilly  
fireplace  
frost  
hibernate  
hot chocolate  
migrate



penguin  
polar bear  
snowflake  
snowman  
white  
winter



## AmeriCorps Seniors

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

### ODDS AND ENDS FROM THE BACK PAGE ...

Dr. Livia Santiago-Rosado, Department of Behavioral & Community Health Commissioner, reminds residents to use multi-layered prevention efforts to protect themselves and to prevent the spread of COVID including:

- Get vaccinated
- Get a booster shot if already vaccinated
- Wear a mask in indoor public settings
- Physically distance when possible
- Wash hands and avoid touching face including nose and eyes
- STAY HOME WHEN SICK OR HAVE SYMPTOMS to prevent spread of viruses, including COVID and flu
- Adhere to protocols if you test positive.

For comprehensive information about COVID-19, including testing, vaccinations, prevention and more, visit [www.DutchessNY.gov/Coronavirus](http://www.DutchessNY.gov/Coronavirus) or call the COVID information line at 845-486-3555.

January 17, 2022 is Martin Luther King Day. Take a moment to pause and reflect on this quote by MLK. **"Life's most persistent and urgent question is, 'What are you doing for others?'"** Volunteering is one of the most satisfying ways we can make a difference in the lives of others.

Each year RSVP participates in Representative Sean Patrick Maloney's "Valentines for Veterans Program." RSVP collects cards that will be distributed to local veterans by Rep. Maloney and his staff. Start making your cards and stay tuned for more information on where to drop them off.

Hudson Valley CASH Coalition and AARP Foundation Tax-Aide will be offering support to those who need to file their 2021 tax return. To determine eligibility and make an appointment, call the United Way Help Line at 211 or 1-800-899-1479, Monday through Friday 9:00 am to 2:00 pm starting on January 19<sup>th</sup>.