



# VOLUNTEER VOICE

FIRST  
EDITION

2020



## RETIRED & SENIOR VOLUNTEER PROGRAM OF DUTCHESS COUNTY

The Retired & Senior Volunteer Program (RSVP) of Dutchess County, sponsored by Community Action Partnership for Dutchess County, is part of one of the largest senior volunteer programs in the nation under the Corporation for National and Community Service.

## RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP) OF DUTCHESS COUNTY

RSVP hopes that you enjoy our updated Newsletter. We have been working hard to get relevant information out to you, our extended community. We continue to provide updates on volunteer needs, community events and RSVP Member Station News, along with fun activities and important updates.

RSVP Program Director, JoAnn Hickman



Lynn Winkelbauer

Lynn joined RSVP in 2019 as the Program Assistant. She works with our Stations and Volunteers, updating our volunteer database and creating publications.



Theresa Norbom

Theresa recently joined RSVP as the Volunteer Outreach Coordinator. Theresa will focus on marketing RSVP, its Stations and CAPDC.



**RSVP**  
Lead with Experience

A PROGRAM OF COMMUNITY  
ACTION PARTNERSHIP FOR  
DUTCHESS COUNTY



Corporation for  
**NATIONAL & COMMUNITY  
SERVICE**

## RSVP YEAR IN REVIEW

Throughout 2019, RSVP attended various events recruiting volunteers and helping our Stations. We attended Dutchess County Office for the Aging Senior Picnics and the Annual Senior Golden Gathering, hosted by Senator Sue Serino, accepting non-perishable donations which we delivered to Castle Point Veteran Food Pantry. We collected valentines made by seniors and brought them to Representative Sean Patrick Maloney's office which were then distributed to area veterans. RSVP attended "Thriving in Rhinebeck" giving us the opportunity to make new contacts.

We were excited to receive a grant through Vassar College's 2020 Community Works Campaign and invited to attend their Benefits Fair. We supported our volunteers, attending many volunteer recognition events hosted by our Stations.

Thanks to the generous support of Wingate Healthcare and Tassone Realty, RSVP filled over 160 stockings which were delivered to seniors in the home delivered program in Beacon, East Fishkill, Fishkill and Hyde Park.



## RSVP OUTREACH PROGRAM

Theresa Norbom will be hosting various Volunteer Days, starting at local libraries and Town Halls. Learn more about RSVP, CAPDC, and if interested, sign up to be an RSVP volunteer at one of our 36 nonprofit organizations (Stations). Inquire at your local Library or Town Hall for the date when RSVP will be hosting this event.

## VOLUNTEERING WITH RSVP

Volunteering offers the opportunity to meet new people, gain knowledge, stay active and engaged and the knowledge that you are making a difference in your community.

RSVP provides personalized volunteer placement services and support for individuals age

55 and older who want to make a difference through volunteer service.

With 36 Stations where volunteer are placed, we are sure we have something for you. We also provide secondary insurance while you are volunteering!

Call JoAnn, Lynn or Theresa at (845) 452-5104 for more information or to join the RSVP team.

## COMMUNITY ACTION PARTNERSHIP (CAPDC)

Our sponsoring agency, CAPDC, offers programs for seniors and low-income families such as Prescription Assistance, Free Income Tax Preparation Assistance, Weatherization Assistance, Energy Assistance, Food Pantries, employment assistance and more. For more information, go to <http://www.dutchesscap.org/>

## CAPDC HEAP PROGRAM

The Home Energy Assistance Program (HEAP) helps to supplement high winter heating costs. The Program opened on November 12<sup>th</sup> and will remain open until March 16<sup>th</sup>.

Need help paying your heating bill? You can apply for HEAP at any Community Action Partnership Office in Dutchess County, located in Beacon, Dover, Red Hook and Poughkeepsie. Starting January 2<sup>nd</sup> another HEAP benefit may be available to you if you have a qualifying emergency.

Call us at 845-452-5104 to see if you qualify!



<https://www.facebook.com/RSVPDutchessCounty/>





### HABITAT FOR HUMANITY OF DUTCHESS COUNTY RESTORE RIBBON CUTTING CEREMONY

Habitat for Humanity Board Chair Brown leads the ribbon cutting ceremony accompanied by store staff, volunteers and local community members. Their new building, located on 8 Neptune Road, Poughkeepsie has thousands of square feet filled with gently used furniture, household items, hardware and more! The ReStore is open Tuesday - Sunday, 10am to 5pm and donations are gratefully

accepted on those days between 10:30am and 4:30pm. Habitat for Humanity ReStore® is a nonprofit retail outlet specializing in the resale of quality new and gently used furniture, antiques, appliances and building supplies, diverting tons of reusable materials from our local landfills. All items are sold at deep discounts with all proceeds used to fund the building of affordable housing in Dutchess County.

### BARDAVON

The Bardavon is recruiting volunteers in **January!** Believe it or not, the entire team of ushers is comprised of volunteers responsible for taking tickets, showing people to their seats, distributing programs, monitoring rest rooms, directing patrons to the concessions, and assisting House Staff with any special needs that arise during performances.

### HUDSON VALLEY HOSPICE

Studies show that patients who are referred to hospice care as early as possible experience a far superior quality of life, with fewer hospitalizations and a decrease in symptoms.

Volunteers are integral members of the hospice care team.

Patient Care Volunteers provide comfort, support and companionship to patients and their families. Required training takes place over five sessions, in Poughkeepsie.

The next training will be held in **February**.

Administrative Volunteers provide vital support in the Poughkeepsie office, at community education and fundraising events and work as couriers, delivering needed supplies to home-bound patients.

Administrative Volunteers receive individualized training and can start at any time.

Be a Part of Something Extraordinary!

### LOVING HANDS OF ST. DENIS

Handmade hats, scarves, afghans and layettes were

donated to the Hudson River Health Center and to the Poughkeepsie Homeless Shelter in December.

### MEALS ON WHEELS OF GREATER POUGHKEEPSIE

Coordinator, Judy Lombardi, and volunteers package and distribute storm bags for their clients. The bags contain non-perishable food items for the days they cannot deliver due to inclement weather. This is done every year at no cost to their clients.

This year, they are very grateful to the St. Martin de Porres Knights of Columbus for their donation to cover the cost.

MOW will commemorate 50 years of service to the local community in 2021, thanks to individual and organization donations.

## WELCOME NEW RSVP VOLUNTEERS!

The following individuals joined from September to November:

Barbara Como	Meals On Wheels Wappingers Falls
Janet Graham	Community Action, Friends of Seniors
Russell Merritt	Meals On Wheels Wappingers Falls
Michael Sawitsky	Hudson Valley LTC Ombudsman Program
Wendy Weiner	RSVP Advisory Council



## KATHY SZTUMERSKI IS CELEBRATING 30 YEARS WITH AARP FOUNDATION TAX AIDE

In 1990 Kathy joined the tax site at Blodgett Library in Fishkill, at that time run by a husband and wife team, increasing their preparers to 3 and returns from 30 to 48. Tax returns were prepared by hand on paper. Forms were first filled out in pencil, reviewed, then copied onto forms using pen. It wasn't until the late 90's that computers were first introduced to the process with both volunteers and filers hesitant to use, with the option to efile coming much later.



Fast forward 30 years, Kathy is actively volunteering in the tax program at Blodgett, which now has over 400 volunteers (many who are RSVP members) preparing 4,500 returns in Dutchess County. "I'm up for another 10 years," she said.

"Tax season is a time of year where there is not a lot going on and I like to get out and keep my mind active. I can see many people I know and now I can help the children of those who first started coming in, it has become like a family. The seniors are very appreciative, many of her customers coming year after year. I get more than what I give, I don't look at it as a job, it is very rewarding." Kathy said.

Volunteering doesn't have to take over your life to be beneficial. In fact, research shows that just two to three hours per week, or about 100 hours a year, can reap the most benefits – to both you and your chosen cause.

Let RSVP of Dutchess County help you find your passion! Call (845) 452-5104 ext. 101 or send an email to [rsvp@dutchesscap.org](mailto:rsvp@dutchesscap.org) to find out more.

## VOLUNTEER OPPORTUNITY

**Hudson Valley Long Term Care Ombudsman Program**, which helps to resolve issues experienced of long-term care facility residents, is looking for volunteers. Volunteers receive training to become a New York State Certified Ombudsman. Volunteers must contribute at least 2 hours a week.

**Friends of Seniors** need volunteers for non-

emergency medical transportation, respite for primary caregivers, visiting services and for volunteers who do not want to drive, a telephone reassurance program.

### Dutchess County Office for the Aging

Volunteers prepare meals and serve meals at Friendship Centers, deliver meal to homebound elderly, and other activities, such as clerical and exercise instructors.



## CENSUS 2020

In March, the U.S. Census Bureau will begin taking the 2020 Census to fulfill the Constitutional mandate of counting the population. You need to know:

- Data is used in the distribution of more than \$675 billion in federal funds to states and communities
- Your responses are confidential and protected by federal law
- The census must count every person living in the U.S. only once and in the right place.

## NEWSLETTER FOR YOUR OFFICE?

If your office or lobby is located in the Dutchess County area and you would like copies of the Volunteer Voice, please give us a call. Each issue contains helpful information about RSVP and CAPDC services along with our nonprofit organizations.

## HEALTHY CHECKLIST TO HAVE AT YOUR NEXT DOCTOR'S APPOINTMENT

- **Discuss** all the medicines, vitamins and dietary supplements you are taking, including dosage strength. Make sure your spouse can **access** the list in case of urgent care.
- **Ask** your healthcare provider to **review** the list of medicines you are prescribed periodically and reevaluate if they are still necessary.
- Be sure to **share** information about whether you:
  - are **allergic** to certain medicines or foods
  - have **any other medical conditions** such as asthma
  - take **other prescription or OTC medicines** regularly
  - follow a **special diet** or take dietary supplements
- Make sure you can **read** hand written prescriptions.
- **Ask** if your doctor can indicate what the medicine is used for. For example, writing "Take once daily for high blood pressure," not just "Take once daily."

## Winter Wonderland

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

### Word List:

BELOWZERO  
 BOOTS  
 COCOA  
 FIREPLACE  
 FROZEN  
 HIBERNATE  
 JACKFROST  
 SHIVER  
 SLED  
 SNOWSTORM

BLANKET  
 CABINFEVER  
 COLD  
 FLURRIES  
 GLOVES  
 ICICLE  
 MITTENS  
 SHOVEL  
 SLIPPERY  
 SNOWSUIT

BLIZZARD  
 CHILLY  
 EARMUFFS  
 FROSTY  
 HAT  
 ICY  
 PLOW  
 SKATING  
 SNOW  
 WINDY

BLUSTERY  
 COATS  
 FEBRUARY  
 FROSTY  
 HEATER  
 JANUARY  
 SCARF  
 SKIING  
 SNOWMAN  
 WINTER





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

PRST STD  
US POSTAGE  
PAID  
PERMIT 276  
Newburgh NY



# UPCOMING EVENTS

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## 25 YEARS

Corporation for National and Community Service and AmeriCorps' celebrated its 25th anniversary. On January 20th, we mark the 25th anniversary of Martin Luther King Day of Service where we make the federal holiday "a day on, not a day off.", encouraging you to get involved with a local service project.



## ANNUAL VOLUNTEER RECOGNITION BREAKFAST - SAVE THE DATE -

On **May 14th**, from 9:00-10:30 a.m., RSVP will be honoring hundreds of RSVP volunteers at its Annual Volunteer Recognition Breakfast at Villa Borghese in Wappingers Falls. With the theme "*Volunteers are Picture Perfect*", be sure to have your RSVP smile on at the photo booth! This breakfast is our way to say thanks for dedicating your time to helping others. Limited number of \$10 "Say Cheese" Raffle boxes will be sold for chances to win prizes donated by local businesses, as well as the RSVP \$1000 raffle.

Sponsorship opportunities are still available!