



VOLUNTEER VOICE

THIRD
EDITION

2020



RETIRED & SENIOR VOLUNTEER PROGRAM OF DUTCHESS COUNTY (RSVP)

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

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP) OF DUTCHESS COUNTY

We are heading into the dog days of summer and this past week sure did feel like it! However, the other night I heard the chatter of katydids and it brought to my mind what an “old-timer” told me years ago, “...when you hear the katydids it means usually in 6 weeks the first frost will be at hand.” I am not ready for summer to come to an end - even if I do like all of our seasons. Oscar Wilde wrote “...and all at once, summer collapsed into fall.” One thing is for certain, the weather will always give us something to talk about. In the meantime, let us all enjoy the remaining lazy, hazy days of summer. Stay diligent on your social distancing, hand washing and wearing your mask. Check to see if the organization where you were volunteering is open and ready to have you come back. If you know of anyone who might be interested in volunteering, have them give RSVP a call at (845) 452-5104 x 101. We will work with them to find a rewarding volunteer experience.



Jo Ann



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COOLING BENEFITS

Low-income New Yorkers can apply for heating and cooling assistance under the Home Energy Assistance Program, or HEAP. The HEAP Cooling Assistance Component (CAC) benefit opened May 1, 2020; and remains available for eligible households/residents through August 31, 2020, or until funding is exhausted.

The HEAP Cooling Assistance Component provides an air conditioner or a fan to HEAP-eligible households that include an individual with a documented medical condition that is exacerbated by extreme heat.

If you are eligible, you may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to cool your home.

Please note that as of June 30, 2020 recipients that reside in government subsidized housing with heat included in their rent may be eligible for a Cooling Assistance benefit if their household includes an individual with a documented medical condition that is exacerbated by heat.

To apply, contact Patty, at Community Action Partnership, (845) 452-5104 x 127.

HEAT-RELATED ILLNESSES

As the weather heats up, it is important to watch out for signs of heat related illnesses.

Heat cramps are the mildest form of heat illness and consist of painful muscle cramps, especially in the legs, caused by intense exercise or sweating in high heat. Move to a cool place, remove excess clothing, drink water or a sports drink containing salt and sugar and stretch muscles slowly.

Heat exhaustion occurs due to high temperatures and dehydration and results from a loss of water and salt in the body. Signs include nausea, dizziness, headaches, cramps, and more. Heat exhaustion can progress to heat stroke if not treated quickly. Anyone experiencing signs of heat

exhaustion should drink plenty of fluids containing salt and sugar, get into cool water, and apply other cool items such as ice or cold compresses.

Heat stroke occurs when the body's temperature gets abnormally elevated, causing serious symptoms, including nausea, vomiting, fatigue, headache, dizziness, rapid breathing, disorientation, and more. Immediately cool that person in any way possible, removing clothing and applying water or ice to the skin, and **call 911**. Place ice bags on the armpits and groin areas. Heat stroke is life-threatening and requires immediate medical attention.



DID YOU COMPLETE YOUR CENSUS?

It's not too late to complete your 2020 census. Please complete your form online (<https://2020census.gov/>), by phone (844-330-2020) or by mailing in your form.

You should be counted where you were living and sleeping most of the time as of April 1, 2020.

Please note that if someone was staying with you temporarily on April 1 due to COVID-19 situation, they should be counted where they usually live. This includes college students, who should be counted at school, even if they are home because of COVID-19.

4 RSVP MEMBER NEWS



DUTCHESS OUTREACH CONTINUES TO SERVE

The need for food provided by Dutchess Outreach has more than doubled since March. Although the Free Food Stand is cancelled until further notice due to COVID-19, they are still packing groceries for those in need. If you're like me and believe food insecurity in this country is a sin, please donate the surplus from your gardens, crop fields, restaurants, etc., and add to the bounty. Dutchess Outreach will even come pick it up if you contact them. They also need egg cartons if anyone has a bunch to donate.

OFFICE FOR THE AGING TO HOST 'DRIVE-THRU' SENIOR PICNICS

Dutchess County Executive Marc Molinaro announced that Dutchess County Office for the Aging (OFA) will continue providing socialization opportunities for local seniors by offering socially distant, drive-through Senior Picnics in a dozen communities over a six-week period, in lieu of the traditional, in-person picnics the OFA has held since 1993.

Beginning on July 28th, and continuing each Tuesday and Thursday through September 3rd, County Executive Molinaro and local leaders will welcome seniors from individual communities as they drive up and receive a bag lunch to take home and enjoy – providing seniors with a nutritious meal, important information about aging and interaction with OFA staff and volunteers, while maintaining social-distancing guidelines. Seniors can also drop off unused/unwanted medications for safe disposal.

For more information, go to <https://www.dutchessny.gov/Departments/Aging/Senior-Picnic.htm>.

DUTCHESS TOURISM

Dutchess County Tourism works to bring tourism dollars to area businesses by marketing and promoting the assets of Dutchess

County to the nation and the world. To find out about the upcoming local events, visit: <https://dutchesstourism.com/calendar>.

OFFICE FOR THE AGING

Although OFA Senior Friendship Centers are closed, meals that are delivered to your homes continues. If you now find yourself needing a home delivered meal, please contact OFA, (845) 486-2555.

Given the increased demand for home delivered meals, if you are interested in helping to *deliver meals* at a location close to you, contact RSVP, (845) 452-5104 x 101 (even if you can only volunteer for a limited time).



September 11th is Patriot Day and a National Day of Service and Remembrance. On this day Americans across the country are called to volunteer in their local communities in tribute to the individuals lost and injured in the attacks, first responders, and the many who have risen in service to defend freedom.

WELCOME NEW RSVP VOLUNTEERS!

The following individuals joined from March to June, 2020:

- Shirley Bell DC OFA Beacon Friendship Center
- Mary Lou Foerschler Meals on Wheels—Greater Poughkeepsie
- Steve Green Dutchess Outreach
- Robert McDermott Meal Delivery Program—Beacon
- Carolyn Yankowski Meal Delivery Program—Beacon



Barbara became a proud member of RSVP in February 2006

SPOTLIGHT ON BARBARA STUCK

Barbara joined RSVP in 2006 and has been an Ombudsman for over 15 years in the Hudson Valley Long Term Care Ombudsman Program. In 2015, Gloria Murray became the Program Director for the Ombudsman Program and that is when she met Barbara. Gloria would like to recognize and highlight one of their longest volunteers, Barbara Stuck.

“The Ombudsman Program has had many changes in the last 5 years and Barbara has taken on the challenge that comes from these changes with a smile on her face,” said Gloria. “She always brings unique situations to the table, doing her best to advocate for the residents.”

Barbara is assigned as a Certified Ombudsman to Wingate Dutchess where residents and families have come to trust her and know that she will address their concerns. The Ombudsman Program is very fortunate to have Barbara Stuck as one of their volunteers.



Accepting a Congressional Recognition Award from Congressman Sean Patrick Maloney in 2017

VOLUNTEER OPPORTUNITIES

RSVP has 34 organizations where RSVP volunteers, age 55 and older, can be found giving their time and talent. Our volunteers choose how, where and how often they want to serve. We match their skills and interests, creating a positive volunteer experience for both the organization and the individual.

Volunteers receive pre-service orientation from RSVP and on-the-job training from the agency where they are placed. RSVP provides volunteer insurance, including supplemental auto liability and accident insurance during volunteer duties.

We currently have over 330 volunteers delivering meals to the homebound; preparing taxes for senior citizens and low-income families; providing transportation to medical appointments or grocery shopping for seniors who do not drive; assisting veterans at the Veterans Administration in Castle Point; training to become an ombudsman and many more volunteer opportunities.

To learn more about RSVP and how you can make a difference, call JoAnn Hickman at (845) 452-5104 x 101 or jhickman@dutchesscap.org.

6 OUR COMMUNITY

FIVE TIPS TO AVOID DRUG INTERACTIONS

- 1. Make sure all your healthcare providers know all the medicines you are taking**, including prescriptions, over-the-counter, dietary and herbal vitamins and supplements.
- 2. Ask your healthcare provider or pharmacist the following questions** before taking a new medication:
 - Can I take it with other medicines?
 - Should I avoid certain foods or beverages?
 - What are possible drug interaction signs?
- 3. Use drug interaction checkers.** There are free online tools for a drug interaction screening of your medicines on Drugs.com.
- 4. Read the labels of all over-the-counter and prescriptions you take.** Look for the “Warnings” section on the labels of over-the-counter medicines.
- 5. Use one pharmacy for all prescriptions** so all your medications are recorded in one location. Your pharmacy can cross check potential interactions.

SOCIAL SECURITY ADMINISTRATION DURING COVID

The Social Security Administration (SSA) continues to provide help to you and others in your community during the current coronavirus pandemic. While their offices are not providing service to walk-in visitors, they are able to help you by phone with most Social Security matters. You can speak with a representative by calling your local Social Security office at (877) 405-6747 or their National 800 Number, (800) 772-1213.



SSA also wants you to know they have many secure and convenient [online services](#) to:

- Apply for [Retirement](#), [Disability](#), and [Medicare](#) benefits,
- Check the status of an application or appeal,
- Request a replacement Social Security card (in most areas),
- Print a benefit verification letter, and much more.

Most business with SSA can be done online, but they know that many people still rely on phone or in-person help. If you have a critical situation that they cannot help you with by phone or online, they may be able to schedule an appointment for you. Reach out now and get the help you need. Lastly, SSA also understands that getting medical and other documentation can be difficult due to the pandemic so they are continuing to extend certain deadlines.

SUMMER FUN



- | | | | |
|-----------------|------------|-----------|----------|
| SWIM | WATERMELON | FIREFLIES | POPSICLE |
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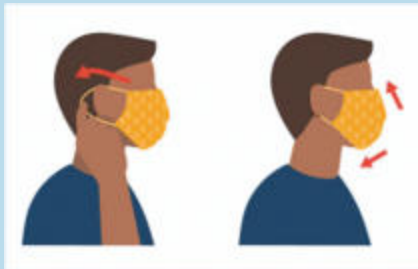
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RSVP of Dutchess County just received a shipment of masks to be distributed to our volunteers and/or member Stations. Please call JoAnn Hickman at 452-5104 x 101 or Lynn at x 114 for more information and to receive your free masks. (Lynn is in the office on Monday and Wednesdays only.)

If you prefer, send an email to rsvp@dutchesscap.org

Wear your Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face



Make sure you can breathe easily

