



# VOLUNTEER VOICE

FIRST  
EDITION

2021

## RSVP OF DUTCHESS COUNTY

Our mission of engaging volunteers in meaningful service activities in the community remains the same under AmeriCorps Seniors. I'm sure we can find a rewarding volunteer position for you.

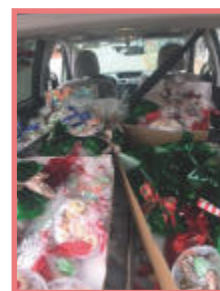


## COOKIES, WITH LOVE, FROM RSVP OF DUTCHESS COUNTY

RSVP brightened up the day this holiday season for over 100 clients receiving home delivered meals from Dutchess County Office for the Aging. The seniors received a plate of cookies from Paesano's Bakery, located in the Dutchess Park Shopping Center in Fishkill, along with a holiday bag filled with goodies from RSVP. Earlier in the month, Sujaya, site manager at the Beacon Friendship Center, received a call from a homebound client. Although she was lonely and homebound herself, she wanted to do something for others and offered to make 100 crocheted ornaments to go into each goodie bag. Thank you Maryann B. for your thoughtfulness!

Thank you to the following organizations for their generosity: **Wingate Healthcare, The Pines of Poughkeepsie, Royal Carting Service Company, Tompkins Mahopac Bank, Williams Lumber and Home Centers, Romig Law Office and DCH Wappingers Falls Toyota.** With their donation we were able to purchase the cookies and items for the goodie bags.

*The staff at RSVP wishes hope, happiness and prosperity to all in 2021! Happy New Year!*



The Subaru is loaded up with 100 cookie trays

Anthony from Paesano's Bakery and an RSVP Elf



Sujaya, OFA Beacon Friendship Center, JoAnn, RSVP Director and Shirley, RSVP Volunteer



Cookies and Goodie Bags all set to be delivered



A PROGRAM OF COMMUNITY  
ACTION PARTNERSHIP FOR  
DUTCHESS COUNTY





SUPPORT THE **ADVERTISERS**  
THAT SUPPORT OUR COMMUNITY

► Reach the Senior Market  
**ADVERTISE HERE**



## WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: [careers@4LPi.com](mailto:careers@4LPi.com)  
[www.4LPi.com/careers](http://www.4LPi.com/careers)

### CONTACT

**Susanne Carpenter**  
to place an ad today!  
[scarpenter@lpiseniors.com](mailto:scarpenter@lpiseniors.com)  
or (800) 477-4574 x6348

**Thrive**  
*Locally*



### PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM

**\$29.95/MO**

**BILLED QUARTERLY**

PLUS  
SPECIAL  
OFFER

**CALL NOW! 1.877.801.5055**  
[WWW.24-7MED.COM](http://WWW.24-7MED.COM)

## SPREAD THE WORD:

**A Thriving, Vibrant  
Community Matters**



**Support Our  
Advertisers!**

**DON'T SHOP.  
AD  PT.**



## DRESS FOR SUCCESS OF DUTCHESS COUNTY

Racks of blazers, blouses, dresses, shoes and pocketbooks are all available at the Dress for Success Dutchess County boutique in Poughkeepsie. These clothes and accessories have given hundreds of women, such as Christina, confidence and new hope for their future. Christina, once in a successful aviation career, was laid off due to COVID-19. She is struggling, as are many others, to find a new job and she recently participated in a suiting appointment with Robin Blue-Brown, Program Director, Dress for Success Dutchess County. In addition, she received training from Dress for Success Dutchess County on writing cover letters and resumes, as well as improving her interviewing skills - skills which will help her in her job search.

Dress For Success Dutchess County, recently featured on Spectrum News, is open to women throughout the Hudson Valley. Although they are not accepting clothing donations at this time, they are still accepting monetary donations.



**Pictured from left to right:** Program Director Robin Blue-Brown, with Christina at the Dress for Success Boutique preparing for a suiting

## RSVP IS THANKFUL

AmeriCorps members and AmeriCorps Seniors volunteers serve directly with nonprofit organizations to tackle our nation's most pressing challenges.

Every year, over 270,000 individuals are enrolled in AmeriCorps Seniors to serve organizations making a difference in communities across America.

RSVP of Dutchess County has over 300 volunteers enrolled serving hours in local nonprofits.

We are *thankful* for their commitment and dedication, especially during COVID-19. It goes without saying that 2020 was a challenging year and in spite of it, meals were delivered, wellness calls were made and the VA food pantry was maintained by volunteers.

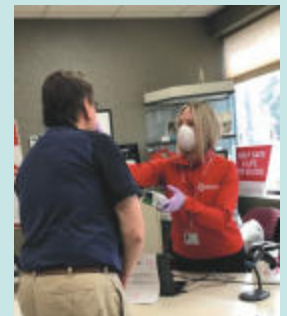
## AMERICAN RED CROSS HUDSON VALLEY CHAPTER

Many are familiar with Red Cross blood drives and the importance of donating blood, but did you know that you can still support this life-saving work even if you cannot donate?

There is no other way to collect blood, so the Red Cross continues to run in-person blood drives to ensure that patients at our local hospitals get the life-saving donations they need during this difficult time. Those who are ineligible or uncomfortable donating can still play a critical role at these drives by providing a warm welcome to donors and helping maintain a healthy space. Dutchess County currently has 14 of these Blood Donor Ambassador volunteers, but needs 20.

Donor Ambassadors take temperatures of arriving donors, help maintain health & safety procedures, thank donors and encourage them to make future appointments. The Red Cross provides all of the training and just asks for 4-6 hours or 1 shift per month. Denise from Pleasant Valley joined the Blood Donor Ambassador team in June 2020 and says "I love to see the wonderful donors-sharing their blood with people in need. I am a retired nurse; I know the importance of blood for transfusions - I see the miracle. I get a lot of joy and fulfillment as a Blood Donor Ambassador."

Call RSVP at (845) 452-5104 x 101 for more information.





Join AmeriCorps Seniors and become an RSVP volunteer. We have over 30 organizations that you can choose from. Especially at these trying times, connect with your community, socialize (in person or virtually), utilize your talent, and help those who cannot help themselves. Contact JoAnn, RSVP Director at (845) 452-5104 x 101 or [RSVP@dutchesscap.org](mailto:RSVP@dutchesscap.org), to find out more.

## LOVING HANDS OF ST. DENIS HELP PEOPLE KEEP WARM

During the cold winter months, having a warm blanket, hat, sweater or scarf becomes a necessity, especially for those who have little heat and that is where Loving Hands of St. Denis volunteers show their support. They are a community knitting and crocheting group making items since 1998 and donating them to various agencies. This past October, they donated over 100 baby items such as: blankets, hats, sweaters and scarves to Hudson River HealthCare (now Sun River Health) on Washington Street in Poughkeepsie helping those in need. Just before the Christmas holiday, they donated an additional 54 garments (both for baby and for mom) to Sun River Health and donated 45 hats and scarves to the Homeless Shelter on Washington Street in Poughkeepsie.



Our appreciation goes out to those volunteers who magically knit and crochet these beautiful items!

## LITERACY CONNECTIONS OF THE HUDSON VALLEY CELEBRATES 45 YEARS OF HELPING PEOPLE!

Helping People to 'Read, Write and Reach their Potential', the agency began as Literacy Volunteers of America-Dutchess County serving the Poughkeepsie area. After **45 years of growth** (and a name change to Literacy Connections of the Hudson Valley), they now serve Dutchess, Columbia, Greene and Orange counties with offices in Poughkeepsie, Hudson and Newburgh. The core program has always been to assist adults needing help with reading and writing, or those needing help learning to speak English, through one-to-one tutoring or in small group classes. In Dutchess County, the Book Buddies program serves elementary school students who are struggling with reading. As a non-profit, services are free, and tutors are volunteers.



When the pandemic hit all in-person tutoring was cancelled. (This picture was taken prior to COVID-19.) By the end of March, all adult students were taught remotely. Recently, some students have started meeting with their tutors in-person again. The Book Buddies program is currently serving elementary students in a very limited capacity. However, new adult students are being accepted, and these students are in need of volunteer tutors. New volunteer orientations are offered once a month via Zoom. Tutor Training Workshops are online and can be done at home in your free time. Call RSVP at (845) 452-5104 x 101 for more information.

## MEALS ON WHEELS WAPPINGERS FALLS AND DUTCHESS COUNTY HOME DELIVERED MEAL PROGRAM - WORKING HARD

Ms. Millie Milkovich, board president and RSVP member since 1995, is pictured in the center flanked by other board members from the Meals on Wheels Wappingers Falls team. In August, JoAnn Hickman, director of RSVP, stopped by to provide the team cotton masks to be used for their workers and for their volunteers.

While many of RSVP Stations have temporarily shut down, Meals On Wheels Wappingers Falls continues to deliver 1000 meals monthly! The masks will help to ensure all volunteers are safe while delivering meals.

Meals On Wheels Wappingers Falls is not the only Station that has continued delivering meals to seniors throughout Dutchess County. Meals are also delivered from our Stations in Beacon, East Fishkill, Hyde Park, Poughkeepsie and Red Hook. In fact, while congregate meals have been put on pause due to COVID-19 in Dutchess County Senior Centers, the number of home delivered meals has increased. For example, DC Office for the Aging Tri-Town (serving Poughkeepsie, Pleasant Valley, LaGrange and Union Vale) have been serving more than 2400 meals per month, up from an average of 1500 meals per month prior to the COVID-19 pandemic. Thank you to all the volunteers!

If you are in need of home delivered meals, contact Dutchess County Office for the Aging, (845) 486-2555.



## BEACON MEAL DELIVERY DELIVERS THROUGHOUT THE PANDEMIC

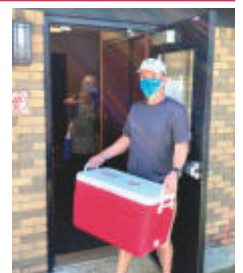
**Janet and Phyllis** are COVID-19 ready! Janet and Phyllis, along with several other RSVP volunteers from the Beacon Meal Delivery Program, delivered over 1000 meals per month using Community Action Partnership's vehicle directly to the homebound senior's door in the city of Beacon. RSVP manages the Beacon Meal Delivery Program working in conjunction with Dutchess County Office for the Aging. Home delivered meals allow the client the opportunity to remain in their home and also provides them with daily socialization with the delivery person.



On average, the RSVP volunteers in the Beacon Meal Delivery Program deliver to 35 home-bound seniors per month.

## MEALS ON WHEELS OF GREATER HYDE PARK

It was 45 years ago that volunteers first delivered meals to seniors in the Hyde Park area. By changing delivery protocol and relying on their amazing team, they did not miss a single meal delivery during the COVID-19 pandemic. Thank you for being a shining example in our community by protecting your volunteers and the clients that you serve!



## EYE EXAMS ARE MORE THAN JUST A VISION CHECK

Even if you think you have perfect vision, an annual eye exam can be one of the best things you can do to protect the overall health and wellness of you and your loved ones. You might be surprised to know that an eye exam is more than just checking your vision! Here are some important reasons why you should schedule your appointment each year:



1. Serious health conditions, such as a stroke, diabetes, or hypertension can be detected by an eye exam. A vision-related problem might be an indication of a broader health issue.
2. Not all eye diseases have early warning signs! Glaucoma, cataracts, diabetic retinopathy and macular degeneration can only be detected by an eye exam before they start affecting your vision.
3. You may think your vision is clear and may not notice that your vision has changed, but an eye exam can reveal if you need glasses, contacts, or if there is some type of deterioration of sight.
4. Seniors are more likely to develop cataracts and/or vision-related issues as a result of health conditions.

Although Medicare usually doesn't pay for routine eye exams for corrective lenses, or for the *lenses themselves*, Medicare Part B does cover some vision exams.

Life is like a puzzle.  
Only if you fit the  
pieces to the right  
places, you will see the  
beauty of it.

—Dave Nohar

[Ownquotes.com/quote/60909](http://Ownquotes.com/quote/60909)

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6	8			7			5	
			1					
	7	1	8			2		
8		9						
	2	4		5	9			
			2					
			5					8
				9	6			
4	5	2	7	1				9



# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed  
to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



*The senior care experience you want, matched by the safety  
and care you deserve.*

As a family-owned business for over three decades, we take great pride in our senior communities. Throughout the Hudson Valley, Wingate is well known for our innovative skilled nursing programs for those in need of short-term rehabilitation, post-acute care and long-term care.

## Wellness and Life Enrichment Highlights

- Dedicated Nurse Infection Preventionist at each location
- Ongoing infection control education for all staff
- Private rooms for quarantining new admissions
- Virtual visits with family members
- Socially distant activities and programs to keep our residents engaged

*At Wingate Healthcare, the safety and health of our community is our top priority. Contact us today for more information on our latest safety initiatives and visit our website for details on a community near you.*

**1-833-2WINGATE**

*Applications for long-term care now being accepted.*

Located in Beacon, Fishkill and Highland, NY | [www.wingatehealthcare.com](http://www.wingatehealthcare.com)





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

PRST STD  
US POSTAGE  
PAID  
PERMIT 276  
Newburgh NY

## Martin Luther King Day is January 18th

