



VOLUNTEER VOICE

SECOND
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



As I wrap up our newsletter to send to the printer, we are still in the midst of the COVID-19 crisis and learning to figure out this new way of living. Social distancing, self-quarantining, avoiding crowded places, wearing of masks and I cannot leave out washing those hands; all have become a new way of life. They are simple precautionary measures we must incorporate into our daily habits to reduce our chances of being infected or spreading COVID-19 to others.

We have had to postpone our annual Volunteer Recognition Breakfast and will reschedule at a later date. As soon as we have a new date, I will let you know. In the meantime, while you are at home, do some puzzles, play games, stay connected by calling a friend, exercise or write in a journal. The main thing during this pandemic is to stay safe and to stay well.

Jo Ann



RSVP
Lead with Experience

A PROGRAM OF COMMUNITY
ACTION PARTNERSHIP FOR
DUTCHESS COUNTY



Corporation for
**NATIONAL & COMMUNITY
SERVICE**



COMMUNITY WORKS GRANT RECIPIENT: RSVP

RSVP was pleased to be one of ten recipients of the 2020 Community Works Campaign. Community Works is Vassar College's annual giving campaign for local non-profit organizations, funded by donations from employees, trustees, and students. Community Works has provided over \$1 million in grants to over 50 different groups since its inception in 2001. Recipients are selected each year by an employee committee based upon nominations from members of the college community.

The college pays for all of the campaign's administrative costs, allowing 100% of the contribution to go to support local groups working to make our community a better place.

We congratulate RSVP Station, Dutchess Outreach Food Pantry, for also being a 2020 Community Works grant recipient.

JoAnn is with recipients Rachel, from AJ. Williams-Myers African Roots Center and Nina, Grace Smith House, Inc.



Rachel, Nina and JoAnn

VALENTINES FOR VETS

For the past four years, RSVP has participated in Valentines for Vets, which is one small way we can honor our veterans. Seniors at Dutchess County's Beacon Friendship Center made the valentines and RSVP delivered them to Representative Sean Patrick Maloney, who distributed them at the VA Hudson Valley Healthcare, Castle Point.



Jenna from Representative Sean Patrick Maloney's office picking up valentines day cards made by the seniors at the Beacon Friendship Center.



PRESCRIPTION ASSISTANCE PROGRAMS AT COMMUNITY ACTION

Do you live in the North Eastern Part of Dutchess County? Do you need help paying for your prescriptions? Call Community Action Partnership's Dover Plains office at (845) 877-9272 to see if you qualify for ongoing monthly assistance with your prescription costs. Income Restrictions apply.



North Eastern Towns include: Wingdale, Amenia, Dover, Millbrook, Millerton, Pine Plains, Stanfordville, and Clinton Corners.

For more information go to <http://www.dutchesscap.org/>

RSVP ON THE ROAD

Theresa Norbom, RSVP Outreach Coordinator, has begun hosting Volunteer Days at local libraries and town halls promoting volunteerism and educating people on RSVP, the Stations where volunteers provide necessary services, as well as providing information on the programs that our sponsoring agency, Community Action Partnership for Dutchess County (CAP DC), provides to our community.

For more information on upcoming local events near you, contact Theresa at 845-452-5104 x101. ****Please note that all events have been cancelled until further notice and it is safe for us to gather in groups****

Did you complete your CENSUS?

<https://2020census.gov/>



GOLDEN AGE SINGERS HONORS #1 FAN

Recently, the Golden Age Singers honored Linda Butler, their #1 fan, who lives at the Admiral Halsey where the group rehearses. Linda is their liaison with the management and assistant in charge of doors and locks. Every Monday (or whenever needed), she makes sure all is in readiness for the group's singing. The group gifted Linda with a red vest of her own in appreciation.

BE AWARE. DON'T GET SCAMMED.

It is unfortunate that during times of turmoil there are those who look to take advantage of others. Below is some helpful information to be aware of and avoid becoming a victim of scams. In addition, go to the New York State Attorney General's website for additional information regarding consumer scams at AG.NY.GOV/CORONAVIRUS

Some SCAM examples include:

- Phishing attempts that use COVID-19 information to lure internet users into clicking on links that allow the scammers to access and steal personal information
- Selling fake "at-home" COVID-19 test kits, medical treatments or "cures"
- Promising to help you access your stimulus check from the federal government sooner
- Posing as a charity to steal money

Information is power and there are a variety of steps you can take to help keep yourself safe:

- Only a physician, or trusted healthcare provider, should assess your medical condition and approve requests for COVID-19 testing
- Currently there is NO FDA-approved vaccine for COVID-19, so IGNORE any offers promising otherwise
- Remain vigilant when receiving calls, tests or emails claiming to have information on COVID-19, especially if you know you did not sign up for alerts from the sender
- Do not click on any electronic links sent to you by an unknown sender

- When making charitable donations, it is best to work with organizations you know. Always do your research before donating to any charity.

IMPORTANT CONTACT NUMBERS IN OUR COMMUNITY:

Dutchess County COVID-19 Hotline

(845) 486-3555

Veteran Peer Support

(845) 473-2500 option 4

Dutchess County Helpline

(845) 485-9700

Grace Smith House 24-Hour Hotline

(845) 471-3033

Family Services Domestic Violence 24-Hour Hotline

(845) 485-5550

Mid-Hudson Addiction Recovery Services

(845) 452-8816

Community Action Partnership for Dutchess County

(845) 452-5104

Dutchess County Office for the Aging

(845) 486-2555

For county residents unable to leave their homes to access food and other necessities, Community Action Partnership is working with Dutchess County Government to deliver needed supplies. Please connect with [Dutchess Responds](#) or call **(845)486-3555 option 5** for more information.

To access additional resources through your local United Way call **211**

WELCOME NEW RSVP VOLUNTEERS!

The following individuals joined from December to March:

Rosemarie Altomare	Loving Hands of St. Denis
Paul Akins	AARP—Tax Coalition Program
Roy Bartels	AARP—Tax Coalition Program
Gary Bernstein	AARP—Tax Coalition Program
Marilyn Brandl	AARP—Tax Coalition Program
Patricia Buck	AARP—Tax Coalition Program
Frederick L. Carr	Meals on Wheels—Wappingers Falls
Kathleen Fischer	Meals on Wheels—Wappingers Falls
Steve Green	Dutchess Outreach
Paul S. Hirsch	Golden Age Singers
Jim Janos	AARP—Tax Coalition Program
Suzanne Knapp	ReStore Dutchess, Habitat for Humanity
Jody Koch	AARP—Tax Coalition Program
Steven Levassfur	AARP—Tax Coalition Program
Susan McIntyre	AARP—Tax Coalition Program
Brenda Otero	Dutchess Outreach
Shailesh Shah	AARP—Tax Coalition Program
Angela Stultz	Meals on Wheels—Greater Poughkeepsie
Mike Weinblatt	AARP—Tax Coalition Program
Janet Whiteley	Meal Delivery Program—OFA Beacon



AARP Foundation Tax Aide (Cash Coalition) completed their volunteer training for the 2019 tax season. Of those being trained, RSVP welcomed 11 new members.

The season started strong as volunteers helped to prepare taxes, but were suspended in mid-March until further notice due to COVID-19. Check https://www.aarp.org/money/taxes/aarp_taxaide/ periodically for updates about the status of Tax-Aide sites.

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. As a member of RSVP, volunteers receive pre-service orientation, training from the organization where they will serve, supplemental insurance while on duty and an invitation to our special recognition breakfast held each May. Joining RSVP is a great way to

become more active in your community and to help others. 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 or training to become an ombudsman. 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. Like us on Facebook too!

Take care of your body and spirit. This is an extraordinarily trying time, and all the tried-and-true **stress management strategies** apply, such as **eating healthy meals, getting plenty of sleep, and meditating.** Beyond that, here are some tips for practicing self-care in the face of the unique disruptions caused by the coronavirus.

Be kind to yourself. Go easy on yourself if you're experiencing more depression or anxiety than usual. You're not alone in your struggles.

Maintain a routine as best you can. Even if you're stuck at home, try to stick to your regular schedule. This can help you maintain a sense of normalcy.

Take time out for activities you enjoy. Read a good book, watch a comedy, play a fun board or video game, make something whether it's a new recipe, a craft, or a piece of art. It doesn't matter what you do, as long as it takes you out of your worries.

Get out in nature, if possible. Sunshine and fresh air will do you good. Even a walk around your neighborhood can make you feel better. Just be sure to avoid crowds, keep your distance from people you encounter, and obey restrictions in your area.

Help Others ~ It Will Make You Feel Better!

TWO SURPRISING TYPES OF MEDICATION CAUSE THE MAJORITY OF SENIOR OVERDOSES

When it comes to overdoses and adverse drug events, one might think that more dangerous drugs like prescription opioids would be to blame. In fact, ongoing research from the Centers for Disease Control and Prevention (CDC) indicates that seniors are more likely to be hospitalized for adverse events related to the use of **blood thinners** or **diabetes medications** than they are to be harmed by prescription painkillers.

CDC researchers have discovered that three common drug classes: **anticoagulants** (blood thinners), **diabetes agents** and **opioid analgesics** were responsible for the majority (59.9 percent) of drug-related hospitalizations among people age 65 and older. According to the study, of the **15** most common drug products implicated in emergency department visits for adverse drug events among older adults, **4** were anticoagulant (warfarin, rivaroxaban, dabigatran, and enoxaparin) and **5** were diabetes agents (insulin, metformin, glipizide, glyburide, and glimepiride).

- Agingcare.com

Sudoku

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

	6		8				5	
	2	9	5		4	3		
5		3		7		8		
							2	
2								
9	4							
		6	2			5	9	
					6		7	4
7					5			2



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

PRST STD
US POSTAGE
PAID
PERMIT 276
Newburgh NY



Spotlight on Aimee and Glenn



Aimee and Glenn, members of RSVP, and volunteering in the Beacon Meal Delivery Program for Dutchess County Office for the Aging, are getting ready to deliver.

As you can see, they are taking the necessary measures to be safe while delivering meals to the homebound and if you look closely, you can even see them smiling!

Thank you for all that you are doing for your community.

Aimee is putting the food in a bucket and the client will hoist it up; no contact involved or the chance of spreading the virus. Talk about ingenuity during a time of crisis!

