

THE

Volunteer Reporter



RSVP

THE CLINTON COUNTY
RETIRED & SENIOR
VOLUNTEER PROGRAM

46 FLYNN AVENUE
PLATTSBURGH, NY
(518) 566-0944
(518) 566-0945 FAX

DECEMBER 2007

Award Winning Volunteers!

RSVP held its 34th Annual Recognition Luncheon in October where service awards were given in several categories. This is always a thrilling time for us as it recognizes the exceptional long-term commitment our volunteers have made to their community, and gives us a chance to publicly say:

“Thank You For All You Do”

The Very Special Volunteer Award 2007 recipients were nominated by the stations where they volunteer. Certificates were awarded to Bob Cheeseman, Michelle Gosselin, Leona LaPier, Joyce Fox and Kevin Kearney.

The Kay Sciole Award 2007 was presented to Walmart and its employees in recognition of their financial support to RSVP's 2007 Bowl-athon. Walmart's corporate policy of "Volunteerism always pays" supports community interests by encouraging its employees to participate in local fundraising events.

The following people were recognized for their years of service:

30 Years

Albina St. Germain
Bertha Welch

20 Years

Alma Giroux
Nellie Vogt

15 Years

William Donnell
Dorothy Lefevre
Lina Radimak

10 Years

Frank Ashline
Casper Barcomb
Irene Brown
James Carrow
Elizabeth Carter
Harry LaHue
Barbara McCasland

10 Years

Florence Powers
Millie Sellin
Betty Tedford
Theresa Venne
Florence Wright

5 Years

Gloria Bouvia
Gwen Canteenwalla
Jean Cordes
Patricia Couture
Jacqui Crisp
Mary Garrison
Janice Gosselin
Judith Heintz
Edwina Hoop
Joe Krupka
Terry Kuta
Florence Matott

5 Years

Thomas Nagowski
Kay Papin
Sally Pendleton
Maxine Perry
Patricia Pulsifer
Jackie Taylor
Jean Tolosky
Mary-Ann
Williamson



Kudos to all who returned their Survey!

Earlier this year, we sent surveys to volunteer and stations. From the stations we heard of the many ways RSVP volunteers have a major impact! Thanks to RSVP volunteers over 900 elderly individuals received transport to and from doctors appointments in 2007. Thousands of mailings for fundraisers got out on time. Additional programs or hours of operation were made possible at times when regular staff were unavailable. Historical Societies have materials preserved for future generations. Children and families were introduced to the joy of reading. Many extra hours of caregiver respite were available. RSVP help in many outreach centers positively impacts the lives of thousands of people who benefit from food distribution. RSVP "Reading Buddies" volunteer in 12 schools throughout the county helping hundreds of at-risk students improve reading and comprehension skills. Volunteers knit and sew throughout the year creating a steady stream of hats, mittens, lap-robies etc. Volunteers at congregate meal sites help ensure seniors feel welcome and have ample opportunity for socialization. RSVP volunteers lead exercise classes both in and out of the water. CVPH and nursing homes have additional help for staff and patients. RSVP volunteers delight senior audiences with music. RSVP volunteers called and visited elderly patients and wrapped gifts for school children. Lifelines were checked and data entered. General construction work is winding down for the winter but grand restorations continue indoors. Conflicts were resolved with the help of RSVP volunteers. With the help of RSVP volunteers, the Clinton County Flu Clinics ran smoothly and the humane society thrift shop continues to raise funds for a worthy cause. So much would never get done with out you!



One agency stated: "With only 3 paid staff members in our organization, RSVP volunteers are a crucial and valuable means of support that helps us to fulfill our organizations mission. Their support at the Strand has helped us maintain our aggressive restoration schedule."

We would also like to say a special "thank-you" to all the RSVP volunteers who cheerfully take our last minute calls (or call us back) to fill a new request for volunteers. Agencies all tell us they know they can count on RSVP volunteers...and they do!

Your surveys let us know you are, for the most part, satisfied with your experiences with RSVP. Thank you for all the great ideas you gave us to help promote volunteer activity among adults age 55 and older. We hope to incorporate some of them in the near future.

In response to hearing how many of our volunteers originally learned about us from someone already volunteering for RSVP, we've included a "tear-out" application in this newsletter.

Tell someone you know about RSVP and invite them to join us!

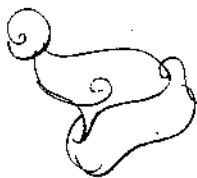
A Very Special "Thank You" to the following volunteers who contributed to the success of our "Night of Giving" fundraiser: Harriet Jeweler, Sherry Beaubriand, Dale Forgette, Juanita Serenko and Warren Manor.

Wake up to a new health habit: Sleep.

According to Harvard Med School's Top Health Stories of 2007, the evidence has reached critical mass—getting between seven and nine hours of sleep a night is one of the pillars of good health, along with physical activity and eating a healthful diet. Poor sleep has been linked to health problems ranging from diabetes to heart disease to obesity.

If you suffer from insomnia, consider the following guidelines from the Sleep Foundation for better sleep: Exercise regularly, about six hours before you want to sleep. Avoid napping. Go to sleep and wake at the same time every day. Save your worries for daytime (If concerns come to mind in bed, write them down in a "worry" book, then close the book until the morning.).

Select a relaxing bedtime ritual, like a hot bath or listening to calming music. ZZZZZZZZZ



Special Thanks to RSVP Home Workers

Your needles and crochet hooks have been working overtime to meet community needs for winter wear. RSVP will be distributing hats, mittens, lap-ropes etc. to various agencies in time for Christmas. These items are much needed and always greatly appreciated. Thank you for all you do!

We recently sent lap robes to the Veterans Hospital in Albany; the following is an excerpt from a letter of thanks we received from their Volunteer Manager, Karen B. Haas. "The staff and patients of the Stratton VA Medical Center wish to express their sincere appreciation to you for your donation of the 28 lap robes for our Veterans.

The lap robes and other donations are presented to patients here at the hospital along with personal comfort items from the "Welcome Buddy" volunteers. This program provides a friendly visitor for every newly admitted veteran. We tell the patients that the soft, warm afghans are made with loving hands to make their stay more comfortable. Of all the items given to new patients, they treasure their afghan the most. It means so much to the patients to realize that someone does remember them and their service to our country... We thank you for your thoughtfulness and for using your talents to comfort our hospitalized veterans."

Wishing the Happiest of Holidays to all our RSVP Volunteers

Hanukkah

"Hanukkah is the annual Jewish festival celebrated on eight successive days beginning on the 25th day of Kislev, the third month of the Jewish calendar, corresponding, approximately, to December in the Gregorian calendar. It is also known as the Festival of Lights, Feast of Dedication, and Feast of the Maccabees, Hanukkah commemorates the rededication of the Temple of Jerusalem by Judas Maccabee in 165 BC after the Temple had been profaned by Antiochus IV Epiphanes, king of Syria and overlord of Palestine."


Irving Reinvents Christmas

"It wasn't until the 19th century that Americans began to embrace Christmas. Americans re-invented Christmas, and changed it from a raucous carnival holiday into a family-centered day of peace and nostalgia. But what about the 1800s peaked American interest in the holiday?

The early 19th century was a period of class conflict and turmoil. During this time, unemployment was high and gang rioting by the disenfranchised classes often occurred during the Christmas season. In 1828, the New York city council instituted the city's first police force in response to a Christmas riot. This catalyzed certain members of the upper classes to begin to change the way Christmas was celebrated in America.

In 1819, best-selling author Washington Irving wrote *The Sketchbook of Geoffrey Crayon, gent.*, a series of stories about the celebration of Christmas in an English manor house. The sketches feature a squire who invited the peasants into his home for the holiday. In contrast to the problems faced in American society, the two groups mingled effortlessly. In Irving's mind, Christmas should be a peaceful, warm-hearted holiday bringing groups together across lines of wealth or social status. Irving's fictitious celebrants enjoyed "ancient customs," including the crowning of a Lord of Misrule. Irving's book, however, was not based on any holiday celebration he had attended - in fact, many historians say that Irving's account actually "invented" tradition by implying that it described the true customs of the season."

Kwanzaa

"Kwanzaa is a non-religious African American holiday which celebrates family, community, and culture. It is celebrated for seven days: December 26 - January 1. 

The name Kwanzaa is derived from the phrase "matunda ya kwanza" which means "first fruits" in Swahili. The kinara is the center of the Kwanzaa setting and represents the original stalk from which we came: our ancestry." (History.com)



RSVP

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Program Assistant

Carrie B. Huising

RSVP of

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Plattsburgh, NY
12901

(518) 566-0944

We are on the
WEB!

www.ccrsvp.com

ccrsvpvol@

charterinternet.com

RSVP looks
forward to
working with our

Newest Members

Shirley Arnold
Nancy Duncan
Leon LaForest
Marie LaForest
Barbara A. Miller
Beatrice St.Pierre
Beverly Stone
Leo Bushey

RSVP Bill Management Assistance Service

Many thanks to our bill payers! Most of us do not enjoy paying our own bills, much less keeping our receipts organized. Our Bill Management Assistance Service is in great need of volunteers. We've recently had some of our dedicated volunteers "retire" at the same time we are experiencing a greater demand for services for seniors. This service helps many seniors enjoy independent living with control over their own finances. Please call our office (566-0944) if you are interested in becoming a bill payer. We will train you and try to match you with someone geographically close to where you live. After initially setting up a client; most bill payers spend about 1 hour a month with each client. Call RSVP today to learn more about this worthwhile and important service.

WE NEED YOUR HOURS!

This doesn't apply to everyone, but some of you may be working lots of hours and not getting credit for it! Some of the reasons for it may be that the agency where you volunteer is not an RSVP station or it is a station, but no one knows you are an RSVP volunteer.

If you are volunteering at an agency that partners with RSVP, you will need to make the coordinator of that agency aware that you are a RSVP volunteer. You may also call our office (566-0944) and we will see to it that you are credited for the hours of service you provide.

A Recipe to Help You Have a Happy and Healthy New Year Ranch-Style Vegetables

(From: National Cancer Institute)

You can use any combination of fresh vegetables you have available.

1 cup cauliflower, broken into bite-sized pieces

2 cups broccoli, broken into bite-sized pieces

3/4 cup sliced carrots

1/2 cup sliced celery

1/2 cup chopped onion

1/4 teaspoon dried dill weed

1 1/2 tablespoons lemon juice

2 tablespoons non-fat or reduced-fat ranch-style dressing

Fill a 1 1/2 quart microwave-safe dish with vegetables.

Add dill and lemon juice.

Cover and microwave 5 to 8 minutes, stirring every two minutes.

Drain, mix in dressing and serve.

Yield: 4 servings.

This is an official 5 A Day recipe, providing each person served with more than two servings of vegetables. Nutritional Analysis Per Serving:

Calories	49	Cholesterol	0mg
Dietary Fiber	3g	Total Fat	0g
Sodium	112mg		

Champlain Valley Family Center's Federal Mentoring Program Needs You!

This is a school-based program for 4th-8th grade students. As a mentor, you will meet with your mentee once per week for 1 hour during the child's lunch period.

YOU have the opportunity to foster improvement in student aspirations, bring academic issues to center stage, and bolster self-esteem in the life of a local child!

If you are interested in becoming a mentor in a Plattsburgh or Beekmantown school please contact RSVP at 566-0944.

"The number one indicator of success for a child is a good relationship with a nurturing adult."

Fortune Magazine
1992

In its concluding report on adolescent development, *Great Transitions*, The Carnegie Council on Adolescent Development ...states that good programs give youth what they want, mentoring relationships; reports that mentors can "rewrite the future of youth;" and calls on community organizations to connect youth with reliable adults who can offer them opportunities to "...learn about the world of work, earn money, build a sense of worth and make durable friendships."

Kids who are mentored are ...

*Less likely to begin using illegal drugs

*Less likely to begin drinking alcohol

*Less likely to skip school

*Less likely to hit someone.

*More likely to attend college

*More likely to trust adults

WE NEED YOUR SUPPORT

Because needs are always greater than the resources available to meet them, the Clinton County RSVP encourages financial contributions.

NAME _____
(May we publish your name? Yes _____ No _____)

Address _____

Phone _____

I designate my contribution of \$ _____ for:

All donations are greatly appreciated

___ USE WHERE MOST NEEDED ___ Newsletters

___ Information and Referral ___ Transportation

___ Program Supplies

ALL CONTRIBUTIONS ARE
TAX DEDUCTIBLE TO THE
EXTENT OF THE LAW.

CLIP AND RETURN THIS COUPON WITH YOUR DONATION.
PLEASE SEND TO CLINTON COUNTY RSVP,
46 FLYNN AVENUE, PLATTSBURGH, NY 12901

YOU COULD BE A PICL, TOO!

The International Student Services office at SUNY Plattsburgh invites you to experience the richness of culture that international students bring to the North Country. They are in the second exciting year of cultural exchange program called Partners in Cross-Cultural Learning (PICL) and are currently recruiting individuals and families from the local area to participate.

The PICL Program arranges social partnerships between local community members and newly enrolling SUNY-Plattsburgh international students through informal cultural exchange. The goals of the program are to acquaint newly enrolling international students (called student partners) with life in the U.S. and to acquaint Plattsburgh area residents (called community partners) with life in other countries and cultures.

Community partners do not provide home stays such as those provided by international exchange student hosting programs you may be familiar with.

The PICL program requires a minimal time commitment (about one activity per month) while still offering the benefits of cross-cultural friendship and exploration. How often partner pairs meet and what they decide to do is completely up to them.

For more information about the PICL program, please attend an Open House Social on **January 18th at 6:00 PM at the Newman Center in Plattsburgh**. Additional information and an online application to become a PICL partner can be found by visiting the following URL:

<http://web.plattsburgh.edu/admissions/international/picl.php>

CONGRATULATIONS TO RADIO READERS

Radio reading is an unusual pursuit as you rarely if ever meet the clients you serve. If we were a Radio Reader, we might question if there is really anyone "out there" listening. We now know there are as a recent article read from the Press Republican sparked a request for more receivers.

An all time high of 67 receivers are in use and emphasizes the need for more volunteers! Radio Readers for the visually impaired are needed during week days; training provided. Call us at 566-0944 for more information if you would like to share your reading interest with a very appreciative audience.

Walking In A Winter Wonderland

Walking in icy, snowy weather can be dangerous, but these tips from the National Highway Traffic Safety Administration can help make your trek safer.

Dress in layers and wear boots with nonskid soles. Wear a bright scarf or hat or reflective gear so drivers can see you.

Walk on sidewalks if possible. If sidewalks are covered in snow and ice and you must walk in the street, walk against the flow of traffic and as close to the curb as you can.

Don't wear a hat or scarf that blocks your vision or makes it hard for you to hear traffic.

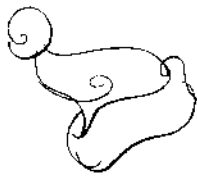
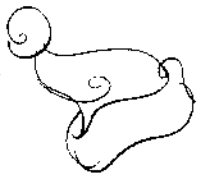
When traveling with babies or small children, dress them in bright or reflective clothing. Always keep children--whether in a stroller or on foot--in front of you and as close to the curb as possible.

Before you step off the curb, make sure oncoming cars and trucks have come to a complete stop.

Thank You to all our RSVP-SORT (one time event) volunteers!

Since early November you've accomplished so much for so many! You've participated in the Festival of Trees for ARC, "Learn and Serve" book sale at PHS, "shopped and wrapped" with school children in Peru and Plattsburgh, sold tickets for "Night of Giving" and taken pet photos with "Santa" for the Humane society, and "locked-up" some of Plattsburgh's finest to fund raise for Muscular Dystrophy...just to name a few.





A Very Special Thank You to our "Flynn Avenue Mailing Group".

With your help and cooperation the NCAVI and the Humane Society mailings were done in record time. We appreciate the time each of you gives to RSVP for these jobs. You are so quickly organized and your spirit of co-operation warms our heart! A Special thank you to Leo for playing wonderful music that made the days festive and our spirits bright!

RSVP of Clinton County Volunteer Opportunities

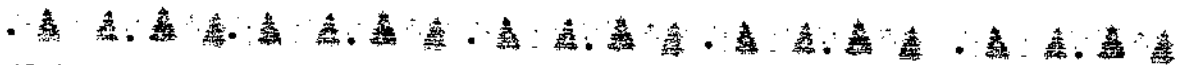
- 1.) Drivers are **ALWAYS** needed to transport visually impaired and Seniors to medical appointments! Mileage stipend and supplemental insurance available.
- 2.) We **always need** volunteers to visit Nursing Homes and Assisted Living facilities!
- 3.) North Country Cultural Center is now organizing Sunday work groups to sand, prime and paint for the Strand Restoration Project. It's a great opportunity to try something new!
- 4.) Pine Harbour seeks someone willing to visit with a Resident with Alzheimer's. Go for coffee, read the paper etc. one or two hours a week.
- 5.) Stop Domestic Violence needs volunteers to answer hot-line. Training provided.
- 6.) Parent Aide Program seeks volunteers to spend an hour a week with at-risk parents. This is an opportunity to help a parent create positive changes in their lives. Training and support provided.
- 7.) The Battle of Plattsburgh Commemorative Committee seeks volunteers. They meet the 2nd Thursday of every month. The Battle of Plattsburgh Association seeks volunteers for week-ends.

Please call RSVP for more information on any of these opportunities: 566-0944

Thank you to all our station coordinators for keeping track of volunteer hours and reporting them to us in a timely manner. We could not do all that we do without your help!

Wishing all our RSVP volunteers the Happiest Holiday Seasons May the New Year bring you Joy and Laughter and may all your dreams come true...

With Love and Gratitude,
Joyce & Carrie



*When our budget affords we like to send our volunteers a small token of our appreciation. Volunteers with 12 hours or more in 2007 will find a little something special in their Holiday greeting card.

To be removed from our mailing list please call the office at 566-0944.

RSVP
46 Flynn Ave
Plattsburgh, NY
12901

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VOLUNTEER REPORTER

RSVP VOLUNTEERS; HAVING THE TIME OF THEIR LIFE
CONNECTING..IMPACTING..CHANGING
CLINTON COUNTY TO ENGAGE MEN AND WOMEN 55 AND BETTER
IN MEANINGFUL VOLUNTEER SERVICE
THAT STRENGTHENS THE WELL BEING OF BOTH
SELF AND COMMUNITY

RSVP is sponsored locally by Catholic Charities of the Diocese of Ogdensburg. Funding is provided by the Corporation for National and Community Service, The State of New York and United Way of Clinton and Essex Counties.

