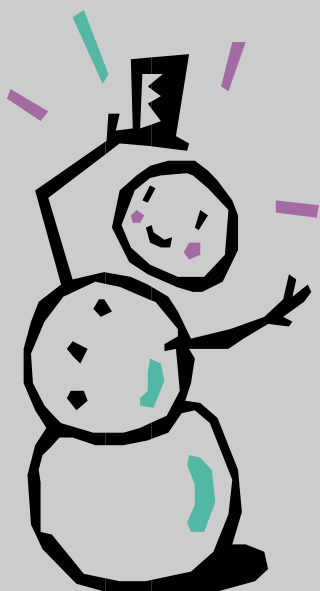


THE

# Volunteer *Reporter*



RSVP

THE CLINTON COUNTY  
RETIRED & SENIOR  
VOLUNTEER PROGRAM  
46 FLYNN AVENUE  
SUITE 612  
PLATTSBURGH, NY  
(518) 566-0944  
(518) 566-0945 FAX  
WWW.CCRSVP.COM

Clinton County RSVP held its 37th Annual Recognition Luncheon on November 4, 2010 at the Senior Citizens Council of Clinton County. RSVP volunteers with **50** or more hours of service from July 1, 2009 to June 30, 2010 were recognized.

Leona Andrews was nominated by United Way of the Adirondack Region and received the "Very Special Volunteer" Award.

The following people received their 5 year pins.

\*Your pins are available at the office if you did not attend event.\*

## 5 Years

Diane Bruso  
Ruth Cody  
Sandra Lashua  
Betty Lucia  
Betty Miller  
Reginald Miller  
Marilyn Morton  
Mary Osburn  
Shirley Otten  
Jeannette Reeves  
Robert Salembier  
Sandy Sexton  
Nancy Smith  
Marie Wintercorn

## 25 Years

Helen Eck  
Winnie Everleth  
Rita Jolicoeur  
Rita Lavarnway  
15 Years  
Carol Poupore

## 10 Years

Philomena  
Bernard  
Trudy Cardany  
Joan Clifford  
Anne Connors  
Barbara Eldridge  
Leona Lapier  
Dianne Martineau  
Juanita Serenko

~In Memory~

Veronica Giguere  
Brenda Gratton  
Dorothy Lefevre  
Shirley Shearer  
Gertrude Shorey

## Welcome to New Volunteers

Susan Andrews  
Leeward Babbie  
Edmund J Caron Jr.  
Kathy H Carr  
Mary Corell  
Phil Corell  
Ronald Duprey  
Patricia A Dwinell  
Gloria Jean Easton  
Lonnie Fairchild  
Audrey Falcon  
Linda Farrell  
Rose Favreau  
Violet M Feazelle  
Daniel Fracalossi  
Opal Geno  
Francis Geppner  
Jenny Guay  
Rocky Harfield  
Kathleen Hazel  
Donna Hock  
Janice M Holland  
Patty Jaehn  
Priscilla Laurin  
Walter Laurin  
Pauline Levesque  
Arnold (AJ) Marking  
Judy Marking  
Veronica Mattot  
Deborah D Melillo  
Margaret L Monico  
Tina Moore  
Carol A. O'Connell  
Clarence Patrie  
Sharon Patrie  
Eldon K Phaneuf  
Frank Plumadore  
Gregory Primard  
Doreen E Reyell  
Richard Sabourin  
Donna R Smith

### What is the value of community service?

In the January 2011 article of *The Atlanta Journal-Constitution* on the “value of community service”, Eric Tannenblatt eloquently stated three reasons for supporting community service...

“First, national service recognizes that the best solutions come from outside Washington. It invests in citizens to solve problems, tapping the energy and ingenuity of the American people.

Second, an investment in national service is a good deal for taxpayers. AmeriCorps was built to be a public-private partnership, and it leverages substantial private investment — more than \$300 million in non-federal funds each year to fund such programs as Teach for America and Habitat for Humanity.

Third, while the primary purpose of national service is to get things done for people in need, it has important side benefits. One of those is the transforming impact it has on those who serve — exposing them to society’s problems, empowering them to act, and putting them on a path of civic engagement.

Service also enables people of diverse backgrounds to work together toward common goals. As Dr. King put it: “Life’s most urgent and persistent question is what are you doing for others.”

Clinton County RSVP is a Senior Corps Program and like AmeriCorps, part of the Corporation for National and Community Service. RSVP volunteer opportunities enable inspired people to contribute in meaningful ways to the world around them.

#### New Volunteers (cont.)

Dot Smith-Watt  
Ann Sunderland  
Lincoln Sunderland

Keith Trombly  
Rosemary Walker  
Patricia M Zimmermann

**RSVP**  
**Advisory Council**

Joe Swinyer  
Marcella White  
Maxine Perry  
Dale Forgette  
Juanita Serenko  
Sally Garvey  
Bobbie Scales  
Evelyn Landolfi  
Joan Sterling  
Trudy Sworts  
Joyce Fox  
James Fox

**RSVP Director**  
Carrie B Huising  
**Assistant**  
Kate Gardner

RSVP of  
Clinton County  
46 Flynn Avenue  
Suite 612  
Plattsburgh, NY  
12901  
(518) 566-0944  
Fax 566-0945

We are on the  
WEB!

**www.ccrsvp.com**  
ccrsvpvol@  
charterinternet.com

## HELP US REPORT YOUR HOURS!

You may be volunteering but not getting credit for it! Perhaps the agency (station) where you volunteer does not know you are an RSVP volunteer. The following stations have not reported RSVP volunteer hours in several months:

Advocacy & Resource Center, Alzheimer's Asst. Center/3rd Age, Battle of Plattsburgh Association, BHSN Eldercare Services, STOP Domestic Violence, Catholic Charities, Clinton County Nursing Home, JCEO Altona COC, JCEO Ausable COC, Keeseville Country Garden, Kent DeLord Museum, Make-a-Wish Foundation, Christmas Bureau, Family Promise, Mountain Lake PBS, Muscular Dystrophy Society, North Country Cultural Center, Nutrition programs in Ellenburg and Plattsburgh (excluding Lake View Towers), Pine Harbour, Samuel Vilas Home, Senior Citizens Council, St. Peters' Soup Kitchen and YMCA.

If you are currently volunteering at any of the above agencies, make sure the volunteer coordinator is aware you are an RSVP volunteer. You should be "signing-in". Wearing your RSVP volunteer pin may help remind you *and* them to review your hours.

Please note the above agencies may need volunteers; if you are ready to try a new experience, call us to see what opportunities are available. If you have any questions about reported hours, please call our office at (566-0944)

**\*\*Please remember to report your time *going to and from* your station; it should be included in your "volunteer time". If your station is not already doing this, time yourself once or twice and send a note, an e-mail, or call 566-0944 to let us know how long it takes to make a round trip to your home and volunteer site. We can include your travel time in your future hours.**

**MORE IMPORTANTLY, WE NEED TO DOCUMENT TRAVEL TIME FOR YOUR LIABILITY INSURANCE.**

### One-Second Sermons

- Kind words make good echoes.
  - The best things in life aren't things.
  - Life is a measure to be filled, not a cup to be drained.
  - When you're green with envy, you're ripe for trouble.
  - Setbacks pave the way for comebacks
- (Dot@www.prcity.com )



## Special Thanks to RSVP Home Workers

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

Your efforts provided so much more than the lap robes, quilts, scarves, hats, mittens, baby hats, booties, and blankets; your generosity made so many people experience the joy of knowing someone cares about them...the true spirit of the Holiday Season!

A very special thank you to Helen Eck who continues to make sure the label, "Made Especially for you by a Clinton County RSVP volunteer" is carefully stitched on most goods before our yearly distribution.



RSVP staff and helpers made special deliveries to the following organizations in time for the holidays: Clinton County Head Start, St Vincent de Paul, CVPH Nursery, CVPH Skilled Nursing, Clinton County Visiting Nurses, Clinton County Nursing Home, Evergreen Nursing Home, Birthright, Val Haven, and Meadowbrook.

23 RSVP volunteers donated 5,647.00 hours and much of the yarn to make home made items for residents of Clinton County!

If you are 55 or better and would like to be part of this special project call us 566-0944 and ask for an application. ~**Donations of non-wool yarn greatly appreciated.**

## Hot Chicken Casserole

for a cold winter's day... **Heat oven to 350 degrees.**

5 ounces cooked medium noodles ...as directed on package, drain  
1/4 cup chopped onion  
1-2 teaspoons olive oil  
1 (10 1/2 ounce) cans condensed cream of mushroom soup  
1/4-1/3 (4 ounce) can pimiento, chopped  
1-2 tablespoons finely chopped peppers  
1-1 1/2 cups cut-up cooked chicken or cooked turkey  
1/2-3/4 cups shredded sharp cheddar cheese  
salt and pepper to taste

~~~~~

- 1-In large skillet, cook and stir onion in oil until tender; stir in soup, pimiento and pepper.
- 2--In greased 1-quart casserole, layer half the noodles and half the chicken; season with salt and pepper.
- 3-Top with half the soup mixture and half the cheese.
- 4-Repeat layers.
- 5-Bake uncovered about 45 minutes.

## **Driver safety: Top 7 tips for older drivers**

As you get older, you'll likely notice physical changes that can make actions such as turning your head to look for oncoming traffic or driving at night more challenging. Getting older doesn't mean your driving days are over. Consider the top seven tips for older drivers.

**No. 1: Stay physically active:** Staying physically active improves your strength and flexibility, which may help with actions such as turning the steering wheel and looking over your shoulder.

**No. 2: Manage any chronic conditions:** Work with your doctor to manage any chronic conditions; especially those that may affect your ability to drive safely.

**No. 3: Schedule regular vision and hearing tests:** Senses such as hearing and vision tend to decline with age. Impaired hearing may impede your ability to hear an approaching emergency vehicle or train. Common age-related vision problems such as cataracts, glaucoma and macular degeneration — can make it difficult to see clearly or drive at night.

**No. 4: Understand your limitations:** Consider your physical limitations and make any necessary adjustments... You may find it easier to step into and out of a bigger car, and larger dials on the dashboard may be easier to read. Features such as large mirrors and power windows and door locks can be helpful, too.

**No. 5: Drive under optimal conditions:** Plan your route to avoid rush-hour traffic. Delay your trip if the visibility is poor. When possible, drive during the daytime, in good weather, on quiet roads and in familiar areas. Beyond road conditions, make sure you're in optimal condition to drive, too. Don't drive if you're tired or angry — and never drive after drinking alcohol.

**No. 6: Plan ahead:** When you get in your vehicle, be prepared to drive. Plan your route ahead of time so that you don't find yourself trying to read a map while driving.

**No. 7: Update your driving skills:** Consider taking a refresher course for older drivers. Updating your driving skills may even earn you a discount on your car insurance, depending on your policy.

(Mayo Clinic Staff)

## WE NEED YOUR SUPPORT

As you begin a New Year of making a difference in your communities, I would like to thank you for making 2010 another wonderful year of volunteerism. In order to keep marshalling your extraordinary talents, **RSVP relies on donations to meet program needs.** I ask that you consider a gift to RSVP of whatever you can afford to make sure important projects continue. *A gift of \$10, \$20, \$30 or more will directly support:*

- The Reading Buddy Program** pairing seniors with early elementary school students who are learning to read.
- The Knitting Home Workers** providing hundreds of newborns with caps, Head Start students with hats and mittens and nursing homes with lap robes.
- The Osteoporosis Wellness Program** providing health and fitness to seniors through weekly exercise classes.
- The Radio Readers Service** creating audio programs for the blind.
- The Transportation Program** bringing frail seniors or Medicaid patients to essential medical appointments.
- The Bill Pay Program** helping seniors remain independent.
- The RSVP Band** entertaining seniors at Nutrition Sites and nursing home residents every month.

RSVP sends members like you to volunteer at these and other programs every day in order to make people's lives a little better. *With your support, RSVP can expand our reach to send volunteers where they are needed.* **Thank you for giving what you can.**

NAME \_\_\_\_\_  
(May we publish your name? Yes \_\_\_\_\_ No \_\_\_\_\_)

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

*Yes, I want to help support RSVP with my gift of \$* \_\_\_\_\_

***All donations are  
greatly appreciated***

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

PLEASE SEND TO CLINTON COUNTY RSVP,  
46 FLYNN AVENUE, Suite 612, PLATTSBURGH, NY 12901

## **Volunteer Opportunities call 566-0944 for more information**

- 1.) **Drivers ALWAYS** needed to transport visually impaired to various activities and Seniors to medical appointments! Mileage stipend available.
- 2.) Volunteers **needed to visit** or lend a hand with activities for patients in nursing homes and assisted living facilities...play board games, write letters, read the paper, watch a movie, make new friends, share a smile, dispel loneliness.
- 3.) **Tax facilitators** needed for earned income tax credit coalition of Clinton County: Meet & greet clients; review paperwork. Training provided... choose your own hours.
- 4.) Several volunteers needed to **help 4H students** with their public presentations at Clinton Community College on February 26th.
- 5.) Radio Reading Program needs **technical support volunteers** to work behind the scene downloading computer files and preparing them for broadcast. Training provided.
- 6.) **Radio Reading** Program has need of more readers.
- 7.) **Habitat for Humanity** seeking hands in the building trades to construct homes for families.

### **Calling All Drama Queens and Kings**

To participate with a new group of RSVP volunteers performing improvisational skits focused on current social issues. Skits would be set up under the direction of BHSN and performed at various locations in Clinton County. These skits are intended to provide and provoke audience participation and discussion of difficult or emotional issues in a non threatening way. Call 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!*

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

RSVP  
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Plattsburgh, NY  
12901

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# VOLUNTEER REPORTER

RSVP VOLUNTEERS; HAVING THE TIME OF YOUR LIVES  
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 the Adirondack Region.*

