



Happy 45th Birthday to RSVP of Dutchess County

In 1961, the White House Conference on Aging called attention to the continuing need of older people for useful activity. One outcome of this Conference was the passing of the Older American's Act in 1965. In 1972, the Retired & Senior Volunteer Program (RSVP) of Dutchess County was established. As we reach this milestone, RSVP continues to recruit and place individuals 55 and older with volunteer opportunities, utilizing their talents and skills to engage in meaningful service activities in their communities. We are now on Facebook, so please "like" our page to see pictures, learn of volunteer opportunities and more!

In the good old summertime...

Summer has officially arrived! It is hard to believe because I still have not put all of my winter clothes away. The weather seems so unpredictable lately. Speaking of the weather, let's jump straight away to summer time and the three Hs, hazy, hot and humid, especially humid. If you have a medical condition which requires air conditioning, you may be eligible for assistance through the Home Energy Assistance Program (HEAP). If eligibility requirements are met, the program will provide an AC unit and installation at no cost to you! This year the program opened on May 1, 2017. In situations in which an air conditioner cannot be installed safely, applicant will be provided with a fan. Again, at no cost to you. Bear in mind that each applicant household can only accept one

benefit for Cooling Assistance. Due to the nature of this program, it goes without saying that your eligibility needs to be confirmed first. For more information on this and other HEAP related programs, please call Patty Lamoree at Community Action Partnership for Dutchess County at (845) 452-5104 x 127, or email plamoree@dutchesscap.org

Volunteering keeps you healthy!

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of

Volunteer Voice



purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge



amount of time out of your busy day. Giving in even simple ways can help others in need and improve your health and happiness.

RSVP Welcomes our New Volunteers who joined in 2017

- | | |
|-----------|------------|
| Dana | Aguiar |
| Anthony | Amendola |
| Steven | Amendola |
| Laurel | Becker |
| Florence | Conroy |
| Martin | Conroy |
| Janet | Green |
| Harriette | Gregg |
| Julia | Improta |
| Lucille | Irwin |
| Nicholas | Laurelli |
| Paula | O'Halloran |
| June | O'Sullivan |
| Carl | Oken |
| Robert | Pasquale |
| Violeta | Putnam |
| Lorelei | Riehle |
| Lee | Russo |
| Janet | Shaker |
| Susan | Sinclair |
| Stan | Stokosa |
| Genevieve | Todriff |
| Myrna | Traff |
| Michael | Valencia |
| Elizabeth | Walsh |
| Eva | Zammiello |



*Welcome
Glad you're here!*

To learn more about RSVP of Dutchess County and volunteer opportunities, give us a call at (845) 452-5104, x 101 or visit our Facebook page ~ RSVP of Dutchess County.

What is the Retired & Senior Volunteer Program (RSVP) of Dutchess County?



RSVP is part of a national network of programs called Senior Corps that recruits adults 55 and older to use their talents and life experience to help meet community needs through volunteer service. RSVP offers maximum flexibility and choice to its volunteers as it matches the personal interests and skills of older Americans with opportunities to serve in their communities. Volunteers provide hundreds of community service hours across the United States.

All RSVP volunteers receive accident, personal and automobile liability insurance while on duty, along with community recognition for their service. In addition, all active RSVP volunteers receive an invitation to RSVP's annual volunteer recognition event. Each year nearly 300,000 adults, age 55 and older, provide community service to locally sponsored RSVP project sites.

The amount of service can vary from a few hours a month to almost full-time. RSVP volunteers deliver Meals on Wheels, provide transportation to the elderly for shopping and medical visits, prepare income taxes, serve veterans and assist victims of natural disasters — and do whatever else their skills and interests lead them to do to meet the needs of their community. Your local RSVP is sponsored by Community Action Partnership for Dutchess County and since 1972, we have been identifying the critical needs in the community and linking the skills and knowledge of the individual, providing a rewarding volunteering opportunity.



There are many volunteer opportunities available throughout Dutchess County for members of RSVP. If you are interested in any of the following, please call JoAnn Hickman at (845) 452-5104 x 101 or email me at jhickman@dutchesscap.org

Volunteers are needed to deliver meals throughout the county. Dutchess County Office for the Aging's Home Delivered Meals program is expanding their delivery to 5 days a week and is in need of additional volunteers. The Home Delivered Meals Program provides hot, nutritious midday meals to senior citizen residents who live in their own homes but are unable to cook, shop, or prepare meals for themselves.

Hudson Valley Long Term Care Ombudsman Program is looking for volunteers to join their team. Volunteers will receive training and become a New York State Certified Ombudsman. Volunteers are expected to contribute a minimum of 2 hours a week. Ombudsman help to resolve issues experienced by residents of long-term care facilities. They educate consumers and long-term care providers about residents' right and good care practices. You will be empowering residents living in nursing homes, assisted living and family-type homes.

Dutchess Outreach in Poughkeepsie needs volunteers at their Lunch Box Program. Volunteers are needed for food preparation, serving and cleaning up.





Maureen is the 2016 RSVP
Grand Prize Raffle Winner of
\$1,000

This could be *Your Picture* here!
Raffle Tickets are being sold
now for the drawing taking place
on **September 14, 2017.**

**Tickets are 2 for \$5.00 or 5 for
\$10.00**

Grand Prize is **\$1,000** cash and
other chances to win great
prizes. Call the RSVP office at
(845) 452-5104 x 101 or email
jhickman@dutchesscap.org

Other prizes include: Foam
& Wash Oil Change Plus
Coupon Book - \$75 Value;
2 chances to win Friendly
Honda Gift Certificate for
one car detailing - \$150
value; 2 chances to win \$50
Gift Certificate to Mill
House Brewing Company;
\$40 Gift Certificate to The
Tomato Café; \$25 Gift
Certificate to Palace Diner
and \$25 Gift Certificate to
Adams Fairacre Farms.

Get your raffle tickets!

Our Annual Fundraiser is
taking place now through
September 14, 2017. Call
the RSVP office for more
information and to purchase
tickets. Stop by our table at
the Office for the Aging
Senior Picnics to say hi and
learn more about RSVP. We
enjoy meeting new friends
from the community!