



Annual Volunteer Recognition Breakfast - Save the Date

On Thursday, April 26 from 9:00-10:30 a.m., RSVP will be hosting its annual recognition breakfast at the Poughkeepsie Grand Hotel. With the theme “RSVP Volunteers...Light Up Your Life” it is sure to be a fun event capable of brightening up anyone’s day. For over four decades, RSVP has been recruiting members of the community 55 years and older and connecting them with rewarding volunteer opportunities throughout Dutchess County. This free breakfast is meant to honor the hundreds of local volunteers that dedicate their time to helping others each year, and all of us at RSVP are not the only ones taking notice of your commitment! As a way to say thanks, businesses in the area will be donating gift certificates and raffle prizes that attendees of the breakfast can win. For those still interested in sponsorship opportunities, fear not, they’re still available for this year’s breakfast. So mark your calendar and get ready to attend an event that just may be the highlight of your month, or heck, year- after all, you are the guests of honor! Call JoAnn, 452-5104 x 101 for more information.

News from our member Stations...

Hudson Valley Hospice has announced upcoming volunteer training dates.
Monday, April 30th, 1:00 – 4:00pm;
Saturday, May 5th, 9:00am – 5:00pm.
The following three Monday’s from 1:00 – 4:00pm – May 7th, May 14th and May 21st. For more information call Peggy Kuras at (845) 240-7524. All trainings take place at their Dutchess County office located at 374 Violet Avenue, Poughkeepsie.

Literacy Connections is now offering online Tutor Training to our new volunteers! You can train at your convenience to be a tutor to a basic reader that is struggling to read or teach English as a second language to an

immigrant that’s learning. Call us at 845-452-8670 for more information to join us in "Helping people to read, write, and reach their potential".

Meals on Wheels of Greater Poughkeepsie surprised clients with gifts during the 2017 holiday season! Some of these gifts included candy in decorated bags and handmade placemats from Kinry Road Elementary School, handmade Christmas ornaments from Skykill Chapter of Embroiderers Guild of America and much more!

Dutchess Outreach’s Taste Against Hunger benefit will take place on Oct. 12 from 5:30pm-8:00pm at the Aula



room at Vassar College. This event will feature more than a dozen chefs, restaurateurs, wineries, distilleries and breweries. Tickets are \$100 and provide access to tastings, entertainment and a silent auction. If interested in a sponsorship or advertising purchase, please contact Sarah Salem at sarah@dutchessoutreach.org or (845) 454-3792.

Your Time Does Make a Difference

Do you ever wonder whether or not your volunteering has a real impact on people in the community? I'm here to tell you that they do, but if you don't want to take my word for it maybe it'll help to see some of the things people in the county are saying.



Look out for Norma as she speeds through town helping those in need with RSVP!

Loneliness is one of the worst feelings someone can experience, and unfortunately for many elderly people that live

alone it's something that is all too familiar. Last December, you combated this by delivering Christmas stockings to people in the community, with one volunteer reporting that her 90-year-old client "felt like she got a visit from Santa." You are the ones that made that happen.

Many elderly people are also battling with loss of independence. Through

meal delivery, you enable some of these people to maintain a piece of that desired independence. One client, Mrs. H, received meals for over 15 years, and this service helped enable her to live in her own home until the age of 102!

Some of you are also involved in teaching literacy to young students. While observing you interacting with students in her classroom a teacher said, "I don't think the volunteers realize the impact they have. It is huge!"

That's right, the impact you have is, and I quote, "huge!" Keep that in the back of your mind as you continue to volunteer with RSVP, and for those of you not yet members, this is just a small glimpse into the impact you can have on others by joining our rewarding volunteer program.

Free Transportation Service

RSVP provides free transportation services in the Beacon area for those 60 years and older that are unable to drive. Monday through Thursday, residents can receive rides to and from the Beacon Friendship Center. On Wednesdays, residents can also ride the van to shop for one hour at the following locations: Key Food, Wal-



Meet RSVP transportation driver Cardenal Johnson! Call RSVP today and he'll take you where you need to go.



Mart and Shop Rite. Due to limited space, participants are allotted two shopping bags each. Take advantage of this free transportation service and see all of the places RSVP can take you!

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 for volunteer

service. RSVP offers time flexibility and choice to its volunteers as it matches the personal interests and skills of older Americans with opportunities to serve in their communities.

All RSVP volunteers receive accident, personal and automobile liability insurance while on duty, along with community recognition for their service. All active RSVP volunteers also receive an invitation to RSVP's annual volunteer recognition event.

RSVP volunteers deliver Meals on Wheels, provide transportation to the elderly, prepare income taxes, serve veterans, advocate for patients and much more! Your local RSVP is sponsored by Community Action Partnership for Dutchess County and has been helping the community since 1972.



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

Dutchess County Office for the Aging's Home Delivered Meals program is expanding its delivery to 5 days a week and is in need of additional volunteers to provide nutritious meals to senior citizens in the area.

Hudson Valley Long Term Care Ombudsman Program, which helps to resolve issues experienced by residents of long-term care facilities, is looking for volunteers to join its team. Volunteers will receive training, become a New York State Certified Ombudsman and must contribute at least 2 hours a week.

Dutchess Outreach in Poughkeepsie needs volunteers at their Lunch Box Program for food preparation, serving and cleaning up. Volunteers are also needed for the Farm Stand program on March 16, April 13 and every third Friday May-November from 1pm-5:30pm to set up, distribute food and clean up.

Volunteer Voice



RSVP's Volunteer Recognition Breakfast's High Voltage Raffle Special
 There will be a limited number of boxes sold at the breakfast for \$10. What will that get you?



HIGH VOLTAGE RAFFLE SPECIAL

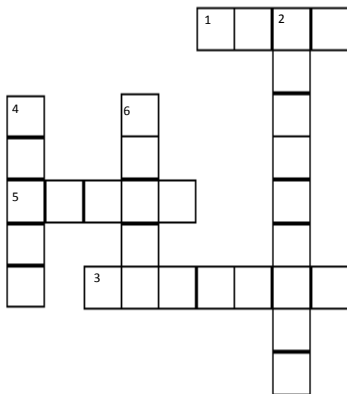
Limited number of boxes being sold at the breakfast for \$10

\$10 buys you
 15 tickets and chances to win prizes at the breakfast and
 3 RSVP raffle tickets for the \$1,000 grand prize drawing in September

Win Prizes at the Breakfast

March Crossword

All answers can be found throughout the newsletter!



Across

- 1. RSVP is for adults aged fifty-_____ and older.
- 3. The R in RSVP stands for _____
- 5. The month this year's recognition breakfast takes place in.

Down

- 2. What you are when you offer your time and don't get paid.
- 4. Who you contact if you're interested in volunteering with RSVP.
- 6. The name of this newsletter is Volunteer _____