



RSVP of Madison County
P.O. Box 1209, 100 Eaton Street, Morrisville, NY 13408
315-684-3001 or 315-655-2075 Eileen Augustyn, ext. #115

To all volunteers and
Volunteer Station
Supporters

Happy
New Year!

With warm wishes to
you and your family,
Eileen Augustyn,
RSVP Director

RSVP enjoyed a festive luncheon celebration with friends from ARC, and volunteers with the Cazenovia Day Care "Friendly Callers", TrackWalkers, Bone Builders, Morrisville SNACK group, and ARC volunteers. Friendships were enjoyed, good food eaten, and special thanks to the children from Edward Andrews School who entertained with music and song. It was a warm and festive get-together.



Long Term Care Ombudsmen, Advocates for residents of Madison County long term care facilities, offer a helping hand to help lift spirits of those in need.

Special thanks to Volunteers who put in extra efforts throughout the winter season at all our Madison County Food pantries

*I am only one, but I am one.
I cannot do everything, but I
can do something. And I
will not let what I cannot do
interfere with what I can
do.*

~Edward Everett Hale

"Bone Builders" take on the "Silent Killer"

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A Bone Builders participant says: My balance has definitely improved. My energy level has been noticed and mentioned by women my age and younger. It's working!!!

Thank You RSVP Volunteers
334 Volunteers have contributed
3,756 hours of Service in November

REMINDER to all RSVP Volunteers:
 Invitations to our 2008 Volunteer Appreciation Banquet will go out to active volunteers with at least 12 Hours of service logged through RSVP time sheets. We hope to see you at our Banquet in May.



Christmas at Lorenzo:

November 27 - December 29, 2007,
 Enjoy tours of Lorenzo as the mansion celebrates its bicentennial!
 Please call 315-655-3200 or casey.smith@oprhp.state.ny.us for more information and rates.

....Are you willing to be part of the solution to promote healthy development in low-income children through the Head Start Program?

You are needed to help prepare children to be successful in school and in life. Here is one way you can contribute: A receptionist is needed in the Canastota office to welcome families, children, and visitors. Please call RSVP if you would like to explore this opportunity.

Knitters & Crocheters needed...



to make cozy scarves for young Head Start children. You can drop off your creations to the RSVP office at any time during the Winter months.

RSVP Advisory Council Meeting

The next meeting of RSVP's Advisory Council will take place on **Tuesday, January 29th, 2008** At 9:30am

at RSVP's office at the CCE building in Morrisville. Advisory members are individuals who represent seniors residing in Madison County and agencies that serve our community and are aware of the needs and strengths of Madison County residents. We welcome you to join this group if you would like to help determine the future direction of RSVP and their mission.

"Bone Builders" take on the "Silent Killer" cont.

RSVP offers the "Bone Builders" Program to provide an exercise opportunity for individuals to prevent osteoporosis. Known as the "silent killer," osteoporosis is a painless disease characterized by weak, brittle, and porous bones that are subject to fracture. The NYS Department of Health estimates that 25% of women and 13% of men over 60 are at risk for this disease. Research has proven that specific exercises performed regularly will improve bone density as well as balance and strength.

Builders exercise participation: 98% of participants feel physically stronger, 88% have improved balance, and 68% report that their joints are less painful. Survey response revealed that 81% of the participants would not do the osteoporosis prevention exercises regularly if not attending the group. 95% of participants have incorporated healthy living behaviors learned in the Bone Builders sessions.

Bone Builders is a great example of how RSVP volunteers utilize their time and talents to address a critical need in our community.

64,111 hours of valuable service were provided by 661 RSVP volunteers in the past year, which enhanced the quality of life throughout Madison County.

Trained volunteers lead free weekly Bone Builders exercise groups at 9 locations throughout the county for participants 60+ years of age who may be at risk of osteoporosis. More than 225 participants learn and perform exercises and obtain healthy lifestyle information at the weekly exercise groups.

A 2007 survey conducted by RSVP determined that as a result of Bone

Article taken from the 2007 Annual Report Of Cornell Cooperative Extension of Madison County



Tax Counseling for the Elderly Program (TCE)

Volunteer training dates have been set for **January 14, 15, 17** and computer training on the 22nd.



RSVP is looking for individuals to assist as site coordinators for the upcoming tax season. Training will be provided. We are also looking for several people to be site coordinators. Many of the duties can be done via the internet. Some reimbursable travel may be required but would be restricted to local areas. Computer skills are also necessary. No tax preparation will be required. If you would like to join this knowledgeable and ambitious group, just give RSVP a call.

The smallest act of kindness is worth more than the grandest intention. ~Oscar Wilde

Sponsored by: Cornell Cooperative Extension of Madison County, A Corporation for National & Community Service Agency, Also Supported by: NYSOFA, the United Way of Greater Oneida, and the Community Chests of Canastota, Hamilton, Town of Sullivan, and the United Community Chest of the Towns of Cazenovia, Fenner, & Nelson, and other contributors.