

RSVP

Lead With Experience

of Madison County

Volunteer Impact Newsletter

June 2009



RSVP of Madison County

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Annual Recognition Banquet

The Retired Senior Volunteer Program of Madison County held its annual volunteer recognition banquet **May 20th** at the Rusty Rail, Canastota. Over 200 RSVP volunteers and supporters attended.

The RSVP *Program of Impact Award* was given to Madison County Thrift Shops with RSVP volunteers. The thrift shops awarded were: Clothes Basket in Morrisville, Worn Again in Hamilton, The Key at St. Peters in Cazenovia, and The Opportunity Shop in Canastota. Also recognized were 4 RSVP volunteers for Presidents Volunteer Service Awards (over 4000 hours of service) and 17 Gold Awards (over 500 hours of service in the past year).

Special recognition was given the day of the banquet to seven RSVP volunteers who are members of our "90's Club", they were; Fay Davies, Nettie Grabow, Armand Hebert, Caroline Keith, Gladys Mayer, Olga North, and Virginia Spraker. Here are additional members of our "90's Club to also receive special recognition: Janet Andrews, Rachel Ash, Jeanne Dapson, Irene Findlay, Ann Harries, Genevieve MacDonald, Helen Nestor, Florence O'Dell, Rose Tremain, Lucille Trumble, Ruth Ulrich, and Marion York.

We wish to thank all those who supported this event, Madison County Office for the Aging, WMCR Radio, PAC 99, and Morrisville State College. Thanks to our program presenters, Grace Rapasadi of Assemblyman William Magee's office, John Becker, Chairman, Madison County Board of Supervisors the Rev. Msgr John R. Madden and the RSVP Advisory Board banquet committee.

Congratulations to all award recipients!



Nettie Grabow and Virginia Spraker members of the RSVP '90's Club receive roses at the RSVP Banquet



Mary Bartlett with RSVP Volunteer Helen Helt led our Closing song 'America The Beautiful'.



Morris Atwood and Judy Donnelly, Madison County Reads Ahead



Barbara Albrecht receives the Impact Award for Worn Again Thrift Shop in Hamilton, presented by Grace Rapasadi of Assemblyman William Magee's Office. Rev. Msgr. John R. Madden who began Worn Again in Hamilton far left and Mary Bartlett Director of RSVP far right.



Special thanks to Robin Carruthers, Chorus Director and the Roberts Street School 5th & 6th grade chorus who provided entertainment.



Karen Jacobs, Jackie Groves and Gratia Burleigh, Morrisville Area RSVP Volunteers

President's LIFETIME Awardees

At RSVP's Volunteer Appreciation Banquet, Ralph Penner and Yvonne Alexander were honored with the *President's Lifetime Service Award*. The President's Volunteer Service Awards are issued by the Council on Service and Civic participation on behalf of the President of the United States to recognize the best in the American spirit, and to encourage all Americans to improve their communities through volunteer service and civic participation. Recipients of the *Lifetime Service Award* have served over 4,000 hours of service over the past several years (which were logged through RSVP hour sheets). We congratulate and thank Yvonne and Bud and all *Lifetime Service* awardees to date:

Mary Bavo	Leland Fanning	William Machell
Robert Bond	Kenneth Fowler	Gene Smith
Pat Butler	Wilma Gilmore	Lawrence Sturzenberger
Harold Chamberlain	Helen Helt	Lester Trees
Joan Dichristina	Russell Howard	

Thank You RSVP Volunteers You have contributed :

	# Active Volunteers	# Hrs
April	402	5286
March	412	5295
Feb	387	4133
Jan	406	4338



James Anklin	Billene Hebbard	Ann Priest
Mary Armstrong	Mary Jane Huffman	Nigel Priest
Nancy Bishop	Frances Jipson	Linda Rainwater
Esther Bowman	Alan Johnson	Ann Marie Rossi
Helen Braun	Allen Johnson	Diane Roy
Joan Carlon	Darlene Maitland	Donald Runkowski
Christine Crandall	Frieda Mannino	Kathleen Scales
Esther Davis	Thelma Mayer	Sharon Schmidt
Stan Davis	D. Patrick Moore	Dorene Setliff
Carolyn Deamaley	Ruth Moulton	Edson Setliff
Mariilyn Dempster	Elizabeth Nash	Katherine Stagnitti
Margaret Ellsworth	Louise Nataluk	Saunda Thomas
Bettina Frisse	Virginia Noyes	Carolyn Todd
Monroe Grassi	Mavis Parry	Rena Van Etten
Jane Haas	Judy Pazdzierski	Marie Zoeckler
Mabel Harris	Anne Pounds	Ruth Zounek

Long Term Care Ombudsmen = *resident advocates*

An ombudsman is a trained and certified volunteer who works with residents of long term care facilities to advocate on their behalf.

Would you like their help?

If you are a long term care facility resident, their family member or friend, and you would like to improve your daily life in a skilled nursing facility, adult home, assisted living facility, or family-type home ? You can talk to an ombudsman about addressing your concerns regarding care. **This service is free and confidential.** If you have a problem or concern, talk to your Ombudsman where you reside or call RSVP of Madison County at 315-684-3001.

An **Ombudsman** may help you with your concerns regarding:

- ◆ **Your care and your rights**
- ◆ Neglect, mistreatment or abuse
- ◆ Resident-staff
- ◆ communication
- ◆ Resident-resident misunderstandings
- ◆ Administrative policies
- ◆ Medical services
- ◆ Food service
- ◆ Financial concerns
- ◆ Personal concerns
- ◆ Other issues

The Long Term Care Ombudsman Program is sponsored by RSVP with support from the NYS Office for the Aging.

Bone Builders Exercise Workshop

A spirited group of volunteer exercise leaders and participants met for the **Spring Bone Builders Exercise Workshop** at RSVP's office in Morrisville.

The agenda included:

- Fitness for Mature Adults -Dr. Kristen Kane, Morrisville State College
- How our Exercise Program Helps Our Bones - Karen Kemmis, PT, NYSOPEP
- Update on Preventing Osteoporosis - Cheryl Dunseath, RN, NYSOPEP
- Bone Density Testing - Elaine Hasty, Radiologist Oneida Hospital
- Bone Builders Best Practices - Erica Ovitt, Morrisville College student intern

Our Bone Builders are an upbeat, engaged group of individuals who work at staying healthy and strong.



Dr. Kristen Kane, Morrisville State College speaks to the group about Fitness for Mature Adults

We especially THANK our exercise leaders for their continued enthusiasm. Don't hesitate to join them in your community.

RSVP partners with Upstate Institute at Colgate University

RSVP and Upstate Institute's Lifelong Learning Program offer a variety of volunteer opportunities for adults age 55 and over. RSVP Volunteers offer a wealth of life experiences and want to share it. The Lifelong Learning program is the perfect place. The Lifelong Learning Program (LLP) is an opportunity for experiencing the joy of learning!

The LLP is a collaboration by Colgate University and the community to provide adults with ongoing education for the enrichment of their lives in a diversity of fields. Part of this collaboration is the developing relationship with RSVP.

RSVP volunteers can help as: course instructors, Publicity Committee volunteers. Contact Rebecca Brenner at 228-6623 for more information.



Rebecca Brenner at the Recognition Banquet

Wilber-Duck Mile

The Wilber-Duck Mile will be held on **Friday, June 19th at 7:00 PM in Oneida**. It starts at Wilber-Duck on Broad Street. Registration is currently running and will be \$ 10.00 until June 12th - after which it will be \$ 15.00 until the race begins. To register simply stop by at Wilber-Duck car dealership. Also, Registrations will be taken immediately before the event, but plan to arrive about 6:30 to allow enough time.

There are many exciting activities that evening beginning with a friendly competition between the Oneida Police Dept. and the Oneida Fire Dept. at 6:45. The Big Cheese and Murphy's Corner will be donating food for the participants to enjoy. Mr. Nutty Nuts and Mr. Wimpy Ice Cream will also be on hand.

RSVP is a recipient agency of United Way funds and we like to support this event. It is a great event for youth groups; Girl Scouts, Boy Scouts, Oneida City Youth Court members and 4-H Clubs are all encouraged to participate. How about getting a group of RSVP Volunteers from your station to take the mile walk. What a great way to thank the United Way for the dollars they donate to us.

Community Action Partnership Youth Mentoring Program

The Mentoring Partnership seeks to strengthen our youth through increasing their opportunities for positive interactions with adults.

The goal is to link Madison County youth, ages 8 to 15, with a positive adult role model. RSVP Volunteers pair up with youth needing mentors to provide quality companionship and a meaningful social experience. Each match is based on specific needs, compatible interests, talents and geographic location.

Call JoAnne Morak at CAP 697-3588 ext. 11 for more information.



JoAnne Morak and Kim Lorraine at the RSVP Volunteer Recognition Banquet.



Habitat for Humanity Breaks Ground in Chittenango

A Ground Breaking Ceremony was held **Saturday, May 30 at 10 a.m.** at 606 Dyke Road in Chittenango. Many community organizations, churches, and individuals attended to celebrate the beginning of a dream come true for the Jesse Wallis family of Chittenango. The Madison chapter of Habitat for Humanity has been building homes in the county's rural communities since 1984. The home on Dyke Road will be the first project in the village of Chittenango, and the group has assembled a list of more than 200 volunteers to help. Habitat is a station for RSVP.

Make a Difference!

Call Habitat for Humanity Chittenango-area build coordinator Dennis Doerr at 687-7355 to learn about what is needed for the project. If you are an RSVP volunteer and already involved email your hours to jparker7@twcnv.rr.com.

There really is "No Place Like a Home!"



Arianna Wallis, a second-grader, made this drawing of the house she would like to have. Her family was selected by Madison County Habitat for Humanity to receive a house the agency will build this summer in Chittenango.



RSVP always gratefully accepts donations.

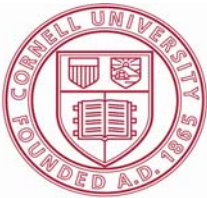
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RSVP of Madison County

is part of the Senior Service Corps within the Corporation for National and Community Service, the federal domestic volunteer agency and is sponsored by Cornell Cooperative Extension of Madison County. 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.



Corporation for
**NATIONAL &
COMMUNITY
SERVICE**

**For information on upcoming classes near you,
google: AARP Driver Safety Program**

A driving class participant shared "We learned so much. It's been wonderful."

instructors.

Many Thanks to Bob for his efforts to keep us safe and our appreciation to all volunteer safe driving

Harold Mellen.

Bob Bond shared that "volunteering certainly does reflect the environment in which I grew up and being useful to others has always been part of my life..." Bob has served in many volunteer capacities including: Assistant State Coordinator for the AARP Safe Driving program for many years. His tenure in that position has ended and the Area Coordinator now is assisted by another busy RSVP volunteer,

Volunteering...

