

RSVP

Lead With Experience

of Madison County

Volunteer Impact Newsletter

September 2009



RSVP of Madison County

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Director

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Coordinator

From our Director....

Dear Volunteers and Volunteer Station Leaders,

We've seen many of you coming through the farmer's market in Hamilton this year. Several volunteers along with myself have helped clerk and staff our farmer's market table. We are providing an Electronic Benefits Transfer (EBT) machine to take food stamps for those on fixed or lower incomes. The machine will also take credit cards offering a convenience for all shoppers. We are happy to report that since May 21 we have scanned 65 EBT cards with patrons spending \$1,231 at the Hamilton Farmer's Market.

We also have been distributing information about RSVP and Madison Bounty, a program that coordinates the sale of locally grown foods. It's been a great summer.

If you have not made it over to the Hamilton Farmer's Market yet, you still have the autumn season to enjoy. Our table will be open for the rest of the season until October 31. Please stop by and say hello! Anyone interested in helping out at the market, please call me at 684-3001.

Sincerely, *Mary Bartlett*



James Anklin
 Mary Armstrong
 Nancy Bishop
 Esther Bowman
 Helen Braun
 Joan Carlon
 Christine Crandall
 Esther Davis
 Stan Davis
 Carolyn Deamaley
 Mariilyn Dempster
 Margaret Ellsworth
 Bettina Frisse
 Monroe Grassi
 Jane Haas
 Mabel Harris
 Billene Hebbard
 Mary Jane Huffman
 Frances Jipson
 Alan Johnson
 Allen Johnson
 Darlene Maitland
 Frieda Mannino
 Thelma Mayer
 D. Patrick Moore

Ruth Moulton
 Elizabeth Nash
 Louise Nataluk
 Virginia Noyes
 Mavis Parry
 Judy Pazdzierski
 Anne Pounds
 Ann Priest
 Nigel Priest
 Linda Rainwater
 Ann Marie Rossi
 Diane Roy
 Donald Runkowski
 Kathleen Scales
 Sharon Schmidt
 Dorene Setliff
 Edson Setliff
 Katherine Stagnitti
 Saunda Thomas
 Carolyn Todd
 Rena Van Etten
 Marie Zoeckler
 Ruth Zounek

RSVP sings the Praises of the "Singing Grandmothers"

The Singing Grandmothers have shared their love of music from 1982 to 2009. This talented group has entertained audiences through all those years with their jubilant renditions of old standards. Coming from the DeRuyter area, the Grandmothers have traveled to surrounding areas sharing song and joy. Ola Mae Haskins, their pianist and director, said they were motivated "by our love of singing and our wish to make someone happy, and our fellowship within the group". All of the Grandmothers played a role in helping the group keep going strong for so many years. Now the Singing Grandmothers are disbanding. RSVP sincerely Thanks this wonderful group of volunteers for their contribution to making Madison County such a great place to live.



Seated, from left – the group's "Founding Grandmothers" Vivian Wood, Ola Mae Haskins, Lora Burdick. Standing, from left - Martha Generaux, Sharon Beesmer, Dorothy Arnold, Beverly Petley, Rosemary Lawrence



Thank You RSVP Volunteers
You have contributed 15,398 hours
during the months
of June through August 2009

Join Our Volunteer Team

Are you interested in using your talents to make a long-lasting contribution to your community while working in the company of others interested in making a positive difference?

RSVP of Madison County is seeking team members to serve as Ombudsmen to improve the quality of life of individuals who live in long term care facilities.

Certified volunteer Ombudsmen visit Madison County residents, investigate and resolve complaints, and use their skills to advocate for the rights of residents. Ombudsmen are dedicated to enhancing the quality of life for all long term care residents. NYS Certification training prepares volunteers for their role as an advocate. On-going support is provided through Ombudsman team meetings and training opportunities.

The next 36 hour Ombudsman certification training will take place Wednesdays and Thursdays, October 14 & 15, 21 & 22, and 28 & 29 in Norwich, Chenango County. Professionals with expertise in the fields of aging, long term care, government regulation, and advocacy techniques will provide instruction. Volunteer Ombudsman schedules can be flexible. Gas mileage and course expenses are covered through RSVP.

For more information about the Ombudsman team, other training opportunities, and to receive an application form, please contact the Long Term Care Ombudsman Program at RSVP 684-3001 extension 115. You can make a real difference in the lives of our neighbors in Madison County.

LTC Ombudsman Corner

Ombudsmen Team members have some great training opportunities coming up:

- 10 County Ombudsman to Ombudsman Learning & Sharing Day will be held Friday, September 25th in Cortland
- NYS Ombudsman Training Institute will be October 7, 8 & 9th in Syracuse

For details call Eileen at 315-684-3001 extension #115.

Lifelong Learning Program Offers New Courses



The Lifelong Learning Program 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. The LLP is a membership organization run by its members, all of whom are LLP students. An individual annual membership of \$30 allows one to attend all events offered through the program. Family memberships are obtainable for \$55. Scholarships are available! To attend courses, members must enroll. Sampling of upcoming courses for the fall:

Computer Workshop: Learn to use the internet.

Upstate Institute staff will be available to answer questions, assist setting up email accounts and learn more about the internet.

Date & Time: Monday, October 5th
from 10 – 11 am

Location: Colgate University's Case Library, Room 345

Facilitators: Julie Dudrick, Rebecca Brenner

An Introduction to the National Abolition Hall of Fame and its Significance:

What's going on in Peterboro? In order to introduce the upcoming National Abolition Hall of Fame induction weekend scheduled on October 23-25. Hugh Humphreys will provide some background on the National Abolition Hall of Fame.

Date & Time: Saturday, October 3rd
10:30 - 11:30

Location: Hamilton Public Library

Facilitator: Hugh Humphreys

Meditation as Medicine: The daily practice of meditation has been demonstrated to promote healing on many levels. Enhanced awareness of our bodies, our minds, or breath and our symptoms enables us to find ways to self-heal. During the four session course, we will learn a basic meditative technique and how to apply it to our individual needs. Mark J. Sicherman, MD is a physician and psychotherapist and has been studying and teaching meditation for over 30 years.

NOTE: Please do not eat directly before the class.

Date & Time: Saturdays, October 31,
November 7, 14, 21
at 11:00 am.

Location: Hamilton Public Library

Facilitator: Mark J. Sicherman, MD

Need more information – Want to Join?

For more information, contact Rebecca Brenner, Upstate Institute at rbrenner@mail.colgate.edu or 315-228-6623.

Bone Builders Buzz

September 22, 2009
is Falls Prevention
Awareness Day

You can prevent a fall by participating in the Bone Builders Exercise sessions. Bone Builders exercises can improve your balance and strength and help to prevent a disabling fall. You are invited to visit our exercise groups listed below.

We have great news...
RSVP Bone Builders Exercise groups are now open to individuals 55 years of age and up.

Bone Builders exercise sessions are held:

MONDAYS: Morrisville 10am
Cazenovia 10am
Georgetown 10:30am
Canastota 1pm
Earlville 1pm

TUESDAYS: Brookfield 10am

WEDNESDAYS: Hamilton 10am

THURSDAYS: Chittenango 9am &
10:30am
Oneida 10am
Bridgeport 10:15am

For more information, please call Eileen at RSVP 684-3001 ext 115

Get Fit & Strong
and Help Your
Neighbors at The
Same Time...



Become a Bone Builders leader or helper. RSVP will offer a Bone Builders training day this Fall. Don't hesitate to call Eileen at RSVP 684-3001 ext. #115 for more information.

**Caring For Caregivers:
Coping Tools You Can Use...**

Monday, September 28, 2009
from 8:30– 11:30am

At the Rusty Rail, Rte. 5, Canastota NY
Cost is Free, but you must call 315-798-5456 to pre-register by September 14th.

Featured Program

Madison County Reads Ahead Adult Literacy Tutoring Program



Light up a life with literacy...



In 2008, the Central New York Community Foundation commissioned a literacy needs assessment for Madison County. Data from the report states: "The recent National Assessment of Adult Literacy Report (2009) estimates 10% of the Madison County adult population functions *below* the basic literacy level, which indicates they have only the most simple and concrete literacy skills, making it difficult to complete a job application, help children with homework, or accurately read a prescription for medication. These individuals need adult literacy services in order to achieve educational, employment and personal literacy goals. Thousands more individuals need continued skill development to advance in the workforce."

To help Madison County residents who need literacy skills, the Oneida Library has expanded its adult literacy program. RSVP volunteers assist as tutors. RSVP tutors help adult students achieve literacy goals using authentic, real life materials and a variety of curriculum provided by the "Reads Ahead" program. RSVP tutors prepare and support

adult literacy students to achieve progress as measured by literacy instruction assessment tests and the GED exam.

Volunteer tutors work one-on-one with adult students to establish a literacy goal for the student, help students improve employability skills, enter employment, receive GED or other secondary school diplomas, increase involvement in community activities and increase involvement in children's educational activities.

Currently, 20 RSVP volunteers serve approximately four hours per week tutoring adult students. Volunteers attend a 15 hour training workshop provided by the Madison County Reads Ahead Literacy program. The program also provides space and instructional materials at seven participating library branches; Oneida, Cazenovia, Chittenango, Canastota, Hamilton, Morrisville and Bridgeport.

Reads Ahead Local Literacy Coordinators at the various libraries provide ongoing

instructional support and supervision for the volunteer tutors. With the help of a Colgate University intern, Reads Ahead Coordinator, Morris Atwood implemented a new system for tutors to send in monthly hours and quarterly reports electronically through google documents. They are then collated into one document for state and federal reporting. Since this system was implemented in May we have a count of 30 adult students who have received one-on-one tutoring from 23 RSVP volunteers!

Most important were the gains students made. 90% of adult students tested showed improvement in scores by at least one grade level gain on adult literacy assessment tests. One even showed increased student performance level from level 1 to level 4. That's a big gain folks! Great job to all our RSVP Adult Literacy Tutors.

If you are interested in becoming a tutor, the next training coming up for literacy tutors will be held at the Sullivan Free Library in Chittenango October 1, 5, 8 & 15 from 6:00 – 9:00 pm. Anyone interested in more information about the Reads Ahead literacy tutoring program, please contact Morris Atwood at the Oneida Library 363-3050.

Help Wanted

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OFA Needs Insurance Volunteers

We are looking for Health Insurance Information Counseling Assistance Program (HIICAP) volunteers. Volunteers call or meet with seniors who have requested assistance thru the OFA for help with specific insurance concerns. HIICAP volunteers are given a resource book of insurance information and an initial training session. You won't be expected to know all the answers to every question you receive, we are looking for people willing to seek answers. Periodic meetings are held for volunteers to get together and discuss the program and the latest trends in insurance offered to seniors.

HIICAP volunteers will be matched with people who live in the same area of the county. Many questions can be handled over the phone, others may require a meeting to sort things out, SNACK sites and libraries are ideal places for this. Sometimes the help that is needed is

as simple as having the patience to get through the automated phone system at an insurance company for a senior who has trouble hearing. HIICAP volunteers guide seniors to information so they may make informed decisions.

How much time will volunteering take? Generally you could expect to devote 5 hours a month helping with HIICAP. As a volunteer you will set your own schedule. The Office for the Aging will call you with a referral; you may accept or decline each opportunity to volunteer. Call Connie Brown at Office for the Aging, 697-5700 for more information on becoming a HIICAP volunteer.

Salvation Army

Volunteers are needed in the Karing Kitchen to prepare, serve and clean up after meals once a month. Call 363-7560 to help out.

Madison County Office for the Aging needs volunteer drivers

Do You Like To Drive? The Madison County Office for the Aging Senior Transportation Program may be for you! Can you find just two hours a week or month to take an older person in your community to a doctor's appointment?

Many seniors rely on family for transportation, however, many do not have anyone available to help and turn to our program for assistance.

A little volunteering goes a long way when you join the MCOFA Senior Transportation Program. There is also mileage reimbursement. The Office for the Aging is a non-profit Area agency on Aging. For more information, call Connie Brown, Transportation Coordinator at 697-5743.

RSVP always gratefully accepts donations.

CHANGE SERVICE REQUESTED

P.O. Box 1209, 100 Eaton Street
Morrisville, NY 13408

Lead With Experience

RSVP

Non-Profit Rate
U.S. Postage Paid
Permit #10
Morrisville, NY 13408

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.



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