

RSVP

Lead With Experience

of Madison County

Volunteer Impact Newsletter

September 2010



RSVP of Madison County

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Mary Bartlett, ext. #103

Director

Fax: 315-684-9290

Eileen Augustyn, ext. #115

Coordinator

From our Director....

Dear Volunteers and Volunteer Station leaders,

July marked the halfway point of our recruitment drive for new volunteers. So far this year we have 85 new volunteers working in areas as varied as environment, education, senior services and other critical community needs. We have new Ombudsman-Advocates for Residents in Long Term Care Facilities, Drivers for a Senior Transportation program, Safe Pill Drop-Off Workers, Adult Literacy Tutors, Youth Mentors and many more. For those of you who are new RSVP volunteers this year, thank you for joining us!

The final phase of our recruitment drive began in August! We welcomed our Colgate University Field School Fellow Rashesh Shrestha who is in his Senior year at Colgate and was with us for five weeks this summer. This accomplished student is a videographer (among his many talents) and filmed a series of volunteer interviews for us to put up on our website. Thanks to all the Volunteers who were interviewed! We will be unveiling our updated website in October with the viewing of several of the videos Rashesh has prepared for us.

RSVP Volunteers help keep our community strong and vibrant!!

Sincerely,

Mary Bartlett



Computer Skills Workshop a Success!

On August 16, twelve volunteers and non-profit leaders met in a cool air-conditioned computer lab at Morrisville State College for an afternoon workshop on computer skills. The workshop was led by Rashesh Shrestha our summer field school fellow from Colgate University's Upstate Institute. Hailing from Nepal, Rashesh led the workshop with warmth, patience, and humor! He showed us a free online tool for photo editing, www.freeonlinephotoeditor.com. Participants spent about an hour playing with this fabulous tool, then moved on to Powerpoint and Facebook. Rashesh created a relaxed atmosphere and was able to give individual attention to those who needed it.

The workshop was offered as a benefit for RSVP Volunteers and representatives of RSVP organizational partners. Made possible by a grant from the Central New York Community Foundation and Colgate University's Upstate Institute Field School Fellows program.



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|-------------------|---------------------|-------------------|
| Marilyn Aronson | Alan Glos | Ruth Ogden |
| Roberta Avery | Judith Goodfriend | Marcia Parker |
| Fred Bailey | Steve Goodfriend | William Parker |
| Mary Bartlett | Virginia Green | Sylvia Perrone |
| Frank Benjamin | Charles Hall | Virginia Plumley |
| Beverly Bennett | Molly Hall | Veneta Preston |
| Kathy Bice | William Hall | Gerri Reed |
| Sue Bice | Barbara Hipsley | Nancy Rees |
| Sharon Bodley | Josie Howlett | Kathleen Richmond |
| Helen Bonhotal | Irene Huckabone | Dennis Sands |
| Bonnie Bradstreet | Rachel Hunt | Karen Sherbeck |
| James Brower | Jeannette Johnson | Jean Shirley |
| Kathleen Buck | Roy Jones | Bonnie Slocum |
| Stephen Burrell | Michael Kaiser | Erwin Smith |
| Sandra Christman | David Kendzierski | Marie Smith |
| Barbara Clark | Marie Knapp | Diana Stagnitti |
| Jeanette Comisso | Jane Krusman | Sharon Stauty |
| Margaret Currier | Cynthia Kulak | David Stevens |
| Joan Dahlem | Hume Laidman | Pamela Stratton |
| Mary David | Janice Lorey | Donna Tanney |
| Janet Davis | Peter Lorey | Evanel Thompson |
| Judith DeBarr | Joan Lukas | Sharon |
| Carol DePugh | Thomas Lynch | Sgroi-Tornatore |
| Sheila Dresser | Ingrid Marshman | Elizabeth Warren |
| Pam Ellis | Linda Maynard | Lou Anne |
| Kathleen Felton | Mary McCormick | Waterbury |
| Diane Finch | Gloria McGuire | Sally Weaver |
| Susan Gerling | Victoria Migonis | Priscilla West |
| Harold Gestwick | Marguerite Montross | |
| Joanne Gestwick | Diane Needham | |

Thank You RSVP Volunteers!!

You have contributed 10,513 hours from June to August 2010 !!

LTC ADVOCATES CORNER

Bob Conway Honored for Advocacy Service



*left to right: Jim Sweet, **Bob Conway**,
Fay LeMay, Russell Howard, Robert Fish,
Eileen Augustyn*

Bob Conway, RSVP volunteer, has served as a Long Term Care Ombudsman in Madison County since 2000. Bob was honored by fellow Ombudsmen for his conscientious and caring advocacy service to individuals in long term care facilities, at an August luncheon at the Seven Oaks Clubhouse in Hamilton.

Please Save the Date...

**CNY 2010
Ombudsman to
Ombudsman Workshop
in Cortland
will be held on
Friday November 5th 2010.**

**At this annual 8 county
Workshop, Ombudsmen
have a great opportunity to
learn and share with
Ombudsmen from several
central New York counties.
There will also be
presenters that will offer
their expertise on various
advocacy topics.**



**Are You interested in
joining a weekly
exercise group in
Canastota?**

**Join a New
Bone Builders
Exercise Group
Today!**

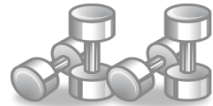
**Starting Tuesday,
September 14, 2010
at 1:00pm at the
Canastota Library
Lawson Room, if you
can't attend that date
you may attend one of
the on-going group
sessions every
Tuesday at 1:00pm
at the library.**

**Please call us for more
details, 315-684-3001
ext. #115.**

**Sponsored by RSVP of
Madison County.**



Stay Strong!



Bone Builders Workshop

RSVP Volunteers and participants of the Bone Builders attended a Workshop on Thursday, July 22 at the Chittenango Landing Canal Boat Museum. This pro-active group of exercisers takes part in weekly exercise sessions which are designed to help improve general fitness and strengthen bones and muscles. The Bone Builders Workshop was offered by RSVP to share updated health and fitness information.

Our morning session started with a group exercise and a Program Update by the RSVP Coordinator, Eileen Augustyn. The RSVP Director, Mary Bartlett was on hand to lend support and give out some great door prizes! The workshops included a presentation "Choices for Better Bone Health" by Teresa Koulouris, RN from NYS Osteoporosis Prevention Education Program. Teresa shared updated information about bone health and healthy lifestyle tips which were based on recent studies. "Motivation and Fitness Goals" was the topic offered by Laura Evans, MS in Exercise Science & Sports Psychology. She covered tips on motivation and setting goals based on our personality type. After a barbeque lunch, Dan Kingsley, PT from Chittenango Physical Therapy, kept the audience engaged with a demonstration of exercises along with some special tips including Resistance/Strengthening and Aerobic/Cardiovascular Exercise and guidelines for exercising with osteoarthritis.

Participants took home some great practical information that can be used in our everyday lives. The workshop was ended with the option to enjoy a tour of The Chittenango Landing Canal Boat Museum.

To learn more about Bone Builders call RSVP of Madison County 316-684-3001. A Special Thanks goes to The Student Philanthropy Council @ Colgate Upstate Institute for grant support for this Bone Builders Workshop.



*Physical Therapist, Dan Kingsley demonstrates to
exercise workshop participants.*

RSVP Volunteer Profile...

Deb Weiss, Adult Literacy Tutor

I worked as a high school English Teacher at Cicero North Syracuse and retired a few years ago. We moved to the Cazenovia area after I retired and I wanted to get out into the community and meet more people. With my background in Education, literacy tutoring seemed like a good fit.

I took my tutor training from Morris Atwood with Madison County READS Ahead. The training was four sessions and covered teaching basic reading skills to Adults. This was perfect because even though I taught English to high school students, I still needed information on how to teach basic reading skills to adults. Working with adult students is significantly different from teaching high school students. My training covered the characteristics of adult students, one-to-one tutoring skills and the learner centered approach to teaching that is so important when working with adults.

The adults I have taught have impressed me with their courage and gumption to change their life. I have so much respect for someone who persists in their learning, even when it comes with difficulty. I have taught a cross section of students in the past two years as an adult literacy tutor, and focused mainly on GED prep. My inspiration for becoming a tutor had its roots in my work as a high school teacher. I had seen kids slip through the cracks and end up dropping out of high school. In my work in as a volunteer tutor, I can help people achieve the goal of a high school education. It makes me feel good to think I am doing something to help someone who maybe slipped through when I was teaching at the high school level.

After many years as a classroom teacher, I truly enjoy the one-to-one tutoring experience. My students are all fascinating and I like making connections with them. Besides, I love teaching and this keeps me at it! I admit,



sometimes it's challenging making the connection and helping people find the impetus for learning. With kids, the classroom teaching was teacher-centered, you had to manage a large class and could not always give individual attention. Adults are more focused – they have specific goals they want to achieve. It's really their agenda, not the teachers'. That's what I mean by learner-focused.

My volunteer tutoring has been rewarding in so many ways. It's gotten me out meeting people, into the community and kept me doing the work I love. It's helped me make connections in every way.

I would say if you are thinking of volunteering, do something you love. You can find a volunteer job in practically any area of interest. RSVP has lots of opportunity to help in the community.

RSVP Volunteer Profiles are sponsored by a grant from the Central New York Community Foundation. RSVP is funded in part by the Corporation for National & Community Service, the United Way of Greater Oneida, the Community Chests of Canastota, Hamilton, Town of Sullivan and the United Community Chest of the Towns of Cazenovia, Fenner, & Nelson and generous individual contributions. Anyone interested in volunteering please call RSVP at 684-3001.

www.rsvpmadison.org

Madison County READS Ahead Volunteer Tutor Training

October 7, 13, 21 & 26 from 6-9 pm
Sullivan Free Library Community Rm.
101 Falls Blvd. Chittenango
Call Morris Atwood at 761-2525
to register

Safe Pill Drop-Off Returns

Proper Disposal of Expired and Unwanted Medication

**Saturday,
September 25, 2010**

Fourteen RSVP volunteers and staff members met to discuss details for the upcoming **Safe Pill Drop-Off event to be held Saturday, September 25, 2010 from 9am-1pm** at the Madison County Landfill.

Once again, RSVP is getting the word out about the pill drop off and helping out on the day of the event. This is a chance for residents to clean out their medicine cabinets and properly dispose of pills and other pharmaceutical waste. Residents are advised to bring waste medications in original containers. In addition to pills or liquids, sharps in the red bio-hazard containers and veterinary medications will be accepted.

The Safe Pill Drop-Off event is co-sponsored by the Madison County Department of Solid Waste and Sanitation, Madison County's Promise-The Alliance for Youth, the Madison County STOP DWI Program, the Madison County Sheriff's Department and RSVP of Madison County.



Sharon Driscoll, Madison County Public Information Officer updates RSVP volunteers about the upcoming safe pill drop-off.

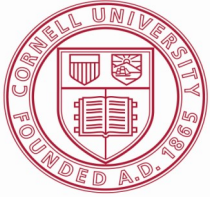
CHANGE SERVICE REQUESTED

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

Lead With Experience

RSVP

Non-Profit Rate
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Morrisville, NY 13408



Cornell University
Cooperative Extension
Madison County

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, The Central NY Community Foundation and other contributors.



Prescription Delivery Service:

Bridgeport: Kinney Drug Store
798 State Rt. 31, Bridgeport, N.Y.
(315) 633-0073

Cazenovia: Kinney Drug Store (Daily)
41 Albany St., Cazenovia, N.Y.
(315) 687-6110

Chittenango: Kinney Drug Store (Daily) call before 1 pm
703 E. Genesee Street, Chittenango, N.Y.
(315) 687-3110

Hamilton: Kinney Drug Store
103 Utica Street, Hamilton, N.Y.
(315) 824-2200 Monday, Wednesday & Friday
must call before noon for same day delivery.

Canastota: Rite-Aid
423 South Peterboro St., Canastota, N.Y.
(315) 697-7595

All of Kinney Drug Stores Offer:

- Delivery service on prescriptions and necessities for local delivery for free.
- Delivery service on non prescription necessities for local delivery with a \$2.00 charge.

Free Delivery on Tuesday & Thursday for Prescriptions only!