

# RSVP

## Lead With Experience

### of Madison County

# Volunteer Impact Newsletter

March 2011



### RSVP of Madison County

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Director

Coordinator

### From our Director....

Dear Volunteers and Volunteer Station leaders,

Spring is just around the corner (we hope) and we are getting ready for an exciting new season here at RSVP. This issue of our newsletter lists some new programs we have to offer for volunteering. We are very excited about our new 'Adopt A Platoon' project. (see article below) Our featured program this issue describes a new partnership we have with 'From The Ground Up' therapeutic horse

program. We are offering a free workshop for volunteers and non-profit representatives later this month called "Every Picture Tells A Story". If you want to learn how to take better pictures to promote your program this one is for you! Lots going on here - don't let the winter doldrums get you down. Think Spring!!

Sincerely,

*Mary Bartlett*

Mary Bartlett, Director

### We're Adopting a Platoon

When Dick Benner heard of RSVP's need for help with the Platoon Boosters, he decided to ask his running club, 'In Your Pace' if they would be interested. Platoon Boosters is a group of RSVP Volunteers who are adopting a platoon that will be deployed from Ft. Drum in March.



*Dick Benner, of the 'In Your Pace' running club presents RSVP Director Mary Bartlett with a donation to support the new Platoon Booster project*

Benner said the timing was just right, because he heard of the need just before the Chilly Chili race in Cazenovia when his group would be getting together.

The In Your Pace Running Club raises funds to help local non-profits in the Nelson,

Cazenovia, Erieville and New Woodstock area that are promoting causes the club wishes to support.

Benner thought Platoon Boosters would be a great fit because it is a group of local RSVP volunteers providing relief items to troops being deployed to Afghanistan. The running club agreed. The donation will provide money to pay postage to send needed items to our platoons and buy wool for volunteers to make helmet liners.

Platoon Boosters could always use some volunteers to help pack boxes or collect needed items. Any groups or individuals interested in helping can call Mary Bartlett at 684-3001.

### Thank You RSVP Volunteers!!

You have contributed 9,279 hours from December 1 to February 28, 2011!!

### New York State Discount Prescription Program



As a resident of Madison County you are entitled to participate in the PRO ACT prescription discount program. This program has been developed by your County Executives and the County Legislatures to help lower the prescription drug cost for County residents. There is no charge to you or the County to belong to this program. This card was designed to be used if you **do not have insurance or if something is not covered by your current insurance program.** This card cannot be used in conjunction with another insurance program in order to discount your co-pays or deductible. It is accepted at all Madison County pharmacies, one card for the entire family, all prescription medications are covered at a discounted rate. You can even use it for medications for your pets. Discounts are also available on Vision, Lasik and Hearing services. For details visit [www.NYRxdiscountcard.com](http://www.NYRxdiscountcard.com) or call ProAct, Inc. at 1-877-776-2285.

## LTC Ombudsman/Advocates Corner

Our Ombudsmen keep abreast of updated information on a myriad of topics in order to provide the advocacy services that are needed by residents of long term care facilities.

Michael Massurin, from the Alzheimer's Association CNY, presented "Understanding Alzheimer's Disease" at the February 2011 luncheon meeting for Madison County's Ombudsmen team. Michael covered: How the Brain Works, An Overview of Alzheimer's Disease, Diagnosis & Progression, Warning Signs, Communications, Behaviors, Helping Someone with Alzheimer's, and the Association's services. We all felt that it was an important topic, presented well, and valuable information for our roles as advocates.

Residents of Nursing Homes and Adult homes and their relatives and friends are welcomed to call for information about Long Term Care Ombudsman services. For information call RSVP 684-3001 extension 115.



*Ombudsman meeting with Michael Massurin, Alzheimer's Association*



*Your Madison County Advocates invite you to call upon their services*

## Top Ten Great Things About Getting Older

- #10. The longer I live, the smarter I get. (Really?)
  - #9. Cheaper car insurance.
  - #8. Others forgive my mistakes more easily. (as if)
  - #7. I can travel off season.
  - #6. I'm a collectors item.
  - #5. I've lost a lot of inhibitions and I'm not even drunk!
  - #4. I can tell my grandkids I saw The Beatles on Ed Sullivan. (who's Ed Sullivan?)
  - #3. My antics raise my children's eyebrows.
  - #2. Rather than searching for dreams, I'm living them.
- The Number One Great Thing About Getting Older...
- #1. I can 'follow my bliss' by volunteering!

## Help Wanted

**Adopt A Platoon:** Volunteers needed to collect donated items for our Adopt A Platoon project. Meetings are held the 4<sup>th</sup> Monday of every month at Cornell Cooperative Extension Ag Center, Morrisville to pack items to mail to our **troops in Afghanistan.**

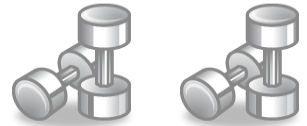
**Environmental Volunteering - Safe Pill Drop-Off Project:** Safe Pill Drop Off, a disposal of expired & unwanted medications at the Madison County Landfill. Volunteers are needed to get the word out by delivering handbills to various sites in the county. We also need greeters & traffic flaggers to help on April 30<sup>th</sup> (day of event) at the Madison County landfill.

**Ombudsman – Resident Advocates:** Need volunteers interested in visiting with residents of our local nursing homes. Ombudsmen assess needs of nursing home residents & help advocate for them. RSVP provides specialized training for those who want to volunteer in this very important program and meaningful program.

**From The Ground Up – Therapeutic Horsemanship:** Volunteers are needed as 'side walkers', board members, & barn helpers. This is a seasonal program located in New Woodstock. Training is held directly at the horse barn in New Woodstock and conducted by nationally accredited staff members.

**Call us at 315-684-3001 ext. 103 to volunteer for any of these programs.**

## Bone Builders Buzz



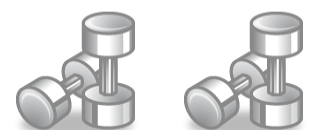
The Bone Builders Program welcomes new participants to their exercise groups. If you are having some difficulty sticking to your New Year's resolution to exercise regularly, why not try your local Bone Builder's exercise group? This program offers men and women aged 50+, free weekly exercise sessions designed to help strengthen bones and muscles and promote general fitness. You are encouraged to call RSVP for more information 684-3001 extension 115.

A Bone Builders New Leaders & Helpers training takes place March 10<sup>th</sup> in Oneida with 10 new volunteers joining our ranks. These participants have been enjoying the benefits of their exercise groups and have chosen to volunteer in order to keep their groups going strong. That's the kind of commitment and dedication that has allowed this free community exercise program to continue for over 13 years.

In 2010, 39 individuals volunteered for Bone Builders and contributed 1,958 hours of service. Let's all **Thank** our Bone Builders volunteers for helping us to stay strong & keep moving.



*Bone Builders participants have persevered through this tough winter to keep exercising with their group and stay strong*



## Featured Program...

New Partner Program –  
From The Ground Up,  
Therapeutic Horsemanship

RSVP is proud to partner with a new program based in New Woodstock. From The Ground Up provides riding instruction and horse related activities to people of all ages with special needs. The approach is to bring each participant to the highest level of independence on a horse that is safe and appropriate for that person. The program offers a progression from full support-someone leading the horse and two sidewalkers—to independent riding (if and when appropriate). From the Ground Up Therapeutic Horsemanship provides horse related activities and riding skills to individuals with cognitive, physical, emotional, social and learning disabilities in a nurturing and challenging environment. All therapeutic horsemanship activities inherently



*"It really is amazing to watch Nicole on the horse. It's like her autism is gone...she came out of the ring on Saturday and helped Andrea close the gate and then ran up to us with her arms in the air and yelled, 'I'm a winner!' I believe in the miracles of horses and your amazing program."*

*- Deb and Michelle, Nicole's loving fan club!*

provide increased self-confidence, stress relief, respect and improved social skills. FTGU relies on volunteers to help staff the program. Volunteers serve in teams of three for lessons as 'side walkers' and horse care volunteers for riders of all ages with special needs. They also help organize fundraisers and sit on the board of FTGU. The volunteers usually serve from May to October for the horse related activities and throughout the year for program support. Some weekend and evening slots are

available. Anyone interested in helping with this exciting and rewarding volunteer opportunity please call Bridget McMaster, FTGU Volunteer Coordinator (315) 457-6903 [ftguvol@verizon.net](mailto:ftguvol@verizon.net). Tell her RSVP sent you!

## Safe Pill Drop Off

Clean-out your medicine cabinets and properly dispose of expired and unwanted medications!

**Mark your calendars for Saturday, April 30<sup>th</sup> from 9 am – 1 pm. This is the first date this year Madison County will host it's popular Safe Pill Drop Off event for collection & disposal of waste medication & pharmaceuticals.**

### Accepted Items:

Expired or unwanted Over-the-Counter Prescriptions/Medicines/Narcotics (liquids or pills)

Sharps (lancets and syringes) Vitamins -- Veterinary Medications

Please bring waste medication in original containers to the

Madison County Landfill, 6663 Buyea Road, Town of Lincoln, The landfill is 3 miles South from the Route 5 Wampsville traffic light.

There is a sign for the landfill on Buyea Road. For Madison County residents only

*Co-Sponsored by: The Madison County Department of Solid Waste and Sanitation; RSVP of Madison County; Madison County's Promise-Drug Free Community Coalition; Madison County STOP DWI Program; and the Madison County Sheriff's Department.*

## FREE Workshop Sponsored by RSVP Every Picture Tells A Story A Workshop for RSVP Volunteers and Non-Profit Leaders

Thursday March 24, 2011 10 – 1 pm (lunch included)

This workshop will focus on how to compose and use photos to tell the unique story of your project. It is appropriate for non-profit representatives and volunteers. Basic information on framing, removing clutter and using props will help you create wow photos to document and promote your event or program. This two-hour interactive workshop will be presented by Al Campanie who has over twenty years experience as a photographer for the Post Standard, along with Debbie Seguin and Darlene Curtis from Cornell Cooperative Extension. Come to this fun and engaging morning. Please bring 2 or 3 photos from your program to use for discussion in a small group activity. Attendance limited to the first 30 registrants. This workshop is being offered as a free benefit for RSVP Volunteers and Non-Profit partners. There is no fee. Catered lunch is included.



Location: Cornell Cooperative Extension of Madison County - Education Center,  
Eaton Street, Morrisville

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.

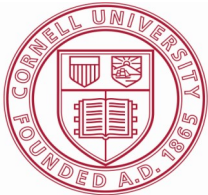
CHANGE SERVICE REQUESTED

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

**Lead With Experience**

**RSVP**

Non-Profit Rate  
U.S. Postage Paid  
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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.



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SERVICE** 

## Facts about IRS Volunteer Tax Assistance

Taxpayers looking for free basic income tax preparation assistance may qualify for IRS sponsored community-based, volunteer tax return preparation programs.

**Here are the top 5 things the IRS wants you to know about our volunteer programs.**

1. The IRS sponsors Tax Counseling for the Elderly programs.
2. The Tax Counseling for the Elderly Program offers **free tax help to taxpayers who are 60 and older**. There are no restrictions on income for services provided to seniors.
3. The IRS trains community volunteers so they can help eligible taxpayers with several special credits, such as the Earned Income Tax Credit, and the Credit for the Elderly.
4. As part of the TCE program, RSVP & AARP offers the Tax-Aide free tax preparation program at over 6,000 sites nationwide during the filing season. **Trained and certified** RSVP & AARP Tax-Aide volunteers provide assistance to people, with special attention paid to those 60 and older as well as those with disabilities.
5. RSVP of Madison County has 7 established sites in Madison County. We are open and ready to serve people 60+ years of age and those with disabilities. **There are NO financial limitations for seniors**. To make your appointment or to find the nearest walk-in sites call the RSVP office at 315-684-3001, Monday through Friday 9 am to 4 pm.