



# THE MESSENGER

Fall 2016

Retired and Senior Volunteer Program  
60 Central Avenue  
Cortland, New York 13045-2746  
[rsvp@cortland-co.org](mailto:rsvp@cortland-co.org)

607-753-5057



## *Cindy's Comments*

By Cindy Stout, Director

This past August as I entered my 15<sup>th</sup> year as the Director of Cortland County RSVP, I took a moment to think how much our program has remained the same, and yet changed so significantly.

### It's remained the same because:

- We still have great RSVP volunteers who inspire us every day.
- We still work with great local agencies who utilize our volunteers.
- We still have great RSVP staff and Advisory Council members.
- We still hear great stories every day, about how a volunteer has been satisfied with their volunteer job.
- We still hear great stories from our agencies, sharing how valuable their volunteers are to them.

### It's changed because:

- Volunteers have come and gone.
- RSVP staff and Advisory Council members have come and gone.
- Our focus has changed, based on federal regulations.
- We have fewer volunteers and fewer volunteer stations, because of federal regulations.
- We've physically changed our location.

Some of these changes can make a person feel melancholy for the "good old days". But I think the many positives of our program outweigh the changes we've seen, for both our volunteers and for the agencies we serve. **It's because of the volunteers**, that agencies can better serve their target population. **It's because of the volunteers**, that agency staff has more time to work directly on their missions.

**RSVP volunteers make an incredible difference**, and I'm proud to be part of such an amazing program for the past 15 years. Keep up the good work!

**Welcome**      **New RSVP Volunteers**

who registered between April 26, 2016  
and September 1, 2016.

You have joined 425+ other RSVP Volunteers.

Kimberley Christie	Ruth Franklin
Marlene Couglar	Mary Jacobs
Sue Covington	Ann Kelleher
Cynthia Curtis	Kate McGinn
Lulu Davis	Carol Paden
Malcolm Davis	Darla Stupke

And a "Belated Welcome" to Gary Cornelius.  
We apologize for overlooking including your name in our prior newsletters.



## Years of Service Awards

Congratulations to these RSVP Volunteers for 20+ years of service as of September 1, 2016:

Ruth Jordan	31
Gertrude Orr	28
Grace Eversdyke	26
Cecilia Penney	25
Marion Cary	24
Lucille Cobb	24
Emilia DeForest	24
Beulah Christopher	23
Mary Cogswell	23
Nancy-Lee Cute	23
Connie Steger	23
Carol Allen	22
Beverly Braman	22
Virginia Fleszar	22
Richard Hammond	22
Mary Lamparter	22
Helen Walker	22
Pat Devine	21
Beverly Doty	21
JoAnne Gorman	21
Anita Wright	21
Nita Goslee	20
Nancy Podoliak	20



### Monthly \$25 Gift Card Winners

<u>April</u>	Bev Doty	Donald Halstead
<u>May</u>	Conni Bentley	Lynn Olcott
<u>June</u>	Donna Neal	Kathie Arnold
<u>July</u>	Beulah Christopher	Don Lawson
<u>August</u>	Pat Freeland	Pat Semeraro

### How can you be eligible to win a Gift Card?

Just remember to sign and submit your time sheet to RSVP each month you volunteer, or remind your volunteer site to send them monthly, so you are eligible each month you volunteer.



### Congratulations to our 1<sup>st</sup> Gift Basket Winner:

**Alice Barned**

Thanks to all our successful fundraising, the RSVP Advisory Council has decided to begin a new monthly drawing, to continue our desire to recognize all our volunteers who provide so much to our Cortland County community.

For one year, beginning in August 2016, each month we will draw the name of one RSVP volunteer (based on signed time sheets that are turned into our office) who will win a basket full of gifts worth \$70.00. Our Advisory Council members shop for these gifts and put them in a basket for the lucky winner.

What do you need to do to have a chance to win? Continue to volunteer; continue to sign time sheets, and continue to submit time sheets to RSVP. Who knows, you might be that volunteer who receives the phone call to announce you are that monthly winner!!

Congratulations to our 1<sup>st</sup> winner, and thank you to Advisory Council Member Courtney McCallen-Kim for shopping for this 1<sup>st</sup> basket of gifts.



### \$10 Gift Certificates from May's Volunteer Recognition

**Please don't forget to use yours!** As of September 2<sup>nd</sup>, only 107 of the 381 Gift Certificates distributed had been redeemed.



## Volunteer Opportunities

**“Meals on Wheels”** needs volunteers as Substitutes to deliver meals to apartments at Friendship House, 42 Church Street or 51 Port Watson Street. Volunteers serve mid-mornings on weekdays for about one hour. You can specify your availability and preference for location(s). See the article on page 6 for more information.

**AARP needs Instructors for “Smart Driver” Classes.** AARP provides training, class content and materials. Classes are six hours long and typically held in two sessions. Classes are scheduled periodically in Cortland County. Instructors determine when, how frequently, and where in the county you are willing to lead a class.

**RSVP’s “Donut Cart”** could use more help on Friday mornings at 8:30 for about one hour at the County Office Building periodically during September through June. Help is needed particularly on the 2<sup>nd</sup> Friday of the month.

**The American Red Cross seeks drivers** to transport blood donations. Drivers can use your own vehicle or a Red Cross vehicle in Liverpool. Drivers can specify when you are available, the frequency of trips you are willing to do, where you are willing to drive, and what vehicle you prefer to drive. Volunteers must be able to lift 20 pounds.

**Mentors** are needed as role models for school-aged children and teens. You spend about 2 hours a week with your young person in public settings. Patience, good listening skills, positive role model traits, and transportation are required. Training provided, and background checks are required.

**Greeters** are requested at a local nonprofit center on Wednesdays from 12:00-4:00, Fridays from 10:00-1:00, or Fridays from 1:00-4:00. You can specify when you are available. You provide assistance, take messages, sort books alphabetically, and tidy the public space. You can bring reading or other activities for any quiet down time.

### Interested? Contact RSVP:



7 5 3 – 5 0 5 7



[rsvp@cortland-co.org](mailto:rsvp@cortland-co.org)



Room B-4, Co. Office Bldg.

# VOLUNTEER SURVEY

and

# RSVP UPDATE

Thank you for your responses! Due to the tremendous response from our 400+ Volunteers, it is taking significant time for staff and volunteers to tabulate the information. Please be patient as we compile the data, such as new volunteer opportunities that interest you. We will follow up with each of you as soon as feasible.



## Importance of Advisory Council Role

The purpose of the Advisory Council is to take an active role in helping RSVP strengthen its program and meet the volunteer needs within our community that help solve community issues. An Advisory Council is different than a Board of Directors. A Board of Directors is a legal, governing body. An Advisory Council does not have legal responsibilities, but is more for advice and support. The members are sometimes our “think tank” or “sounding board” to discuss new ways in which volunteers can help local agencies address community problems, such as lack of food or enhancing independence for older adults.

The RSVP Advisory Council meets 8 times a year, during the lunch hour, and is looking for interested members to start the 2017 calendar year. If you are a Volunteer or a Volunteer Station Representative who would be interested in serving or learning more about this role, please contact the RSVP office for more details at 753-5057 or email [rsvp@cortland-co.org](mailto:rsvp@cortland-co.org).



Thank you to our 46 RSVP Volunteers who provided 534.75 volunteer hours during this event in July at the Homer Intermediate School. The “Healthy Cortland No Cost Medical Event” provided free medical, dental, optical, and veterinary services to 1,807 area residents by certified professionals, who also serve as Reservists in the U.S. Military. This event also provided training for our military reservists for disaster preparedness. Thank you to all our dedicated RSVP Volunteers and the dedicated members of our country’s Military Services.

# Thank you from the SPCA

“The SPCA would like to thank all the friendly, helpful, and fun volunteers for coming into the shelter and assisting with scheduling veterinary appointments for the I.R.T. We could not have done this task without you, and we look forward to working with all of you again. Best regards, Shaun Roser, Cortland SPCA”



## Catholic Charities’ Summer Lunch Program Feedback

Thank you to all our RSVP Volunteers who helped staff this 7-week program with approximately 175 volunteer hours! Here is one example of how much our RSVP Volunteers are appreciated. We received this note at the bottom of a timesheet: “She does an amazing job with our youth! She sits and visits with them . . . she knows most by name as they go through the line . . . she is a wonderful joy to be around and to have.” Great job by all our RSVP Volunteers!



## Holiday Project

**Save the Date:**  
**Dec. 6<sup>th</sup>**

As previously announced, RSVP Volunteer Sharon Canfield is reviving the Holiday Project for knitters and crocheters to make hats, scarves, mittens, etc. and to store them at home until December 6<sup>th</sup>. Donations of handcrafted items may be brought to the County Office Building’s Dining Room from 10 am – Noon. These items will then be distributed to the same agencies as in the past. A big thank you to Sharon for organizing and coordinating this effort since RSVP can no longer coordinate this project. Questions? Please contact Sharon at (607) 299-0553 or [kayak4me@gmail.com](mailto:kayak4me@gmail.com).

## My Story

By Ruth Lewis, RSVP Volunteer

Hi! I'm Ruth Lewis. Welcome to *My Story*, a new feature of the Cortland RSVP Newsletter. Each issue we'd like to introduce you to either a fellow volunteer or one of our 24 partner organizations, referred to as "Stations". By sharing these stories, we'd like to illustrate the range of experience available by participating in RSVP. The one common thread is that everyone benefits; everything else is different, special, or unique.

For the introductory story I thought I would share my own story, which had several starts and fizzles.

After being retired for a couple of years and feeling I had spent enough time in catch-up mode, I decided to explore volunteer options. My previous non-RSVP volunteer work had ended, and I was open to new possibilities. A notice in the paper caught my eye because it involved workshops addressing healthy eating and contending with restricted diets. With a lifelong history of food allergies and intolerances, I figured this assignment was meant for me. Wrong. It involved a period of intensive training which began in a couple of days. Between my personal responsibilities and scheduling conflicts, the situation simply wasn't viable for me. So much for a perfect match.

Next up for consideration was an improving balance workshop. That sounded good because my mother is in a wheelchair as a result of an acute balance problem. I decided to take a pass on it and not investigate it further because it didn't seem a good fit for me right now. Besides, someday in the future I'm probably going to be one of the students rather than a workshop leader.

Next was a wonderful literacy tutoring program. This program is highly educational and enriching for both tutors and students, and

the trainers are great. I attended the introductory class and later spent some extra time working with one of the coordinators on planning and organizational issues. I figured this program was a good match because I love to read, and I like the idea of helping to instill a love of reading in someone else. Unfortunately for me, this is a practical meat-and-potatoes program that works hard to help people better their lives, not merely read as a hobby.

At this point I decided I would just have to wait for the right opportunity to throw itself in front of me. Then, before I had barely processed this thought, two things happened. The first was that a local nonprofit needed a volunteer researcher. Me! Me! Pick me! While other people revel in riding roller coasters or taking flying lessons, I get excited in poring over old documents and unraveling mysteries. So now I'm a researcher a couple times a month. But then, while basking in the glow of this new challenge, I was contacted by RSVP. Was I serious about helping out occasionally with the newsletter? Yes!

So here I am writing you about my search for a volunteer experience. In my case I'm unable to commit to a regular schedule or a great deal of time, but I still want to help where I can. Before, I had worked with organizations on a project basis, such as sorting books for a book sale or doing the PR for a sale. These new opportunities have different time arrangements, but they still work well with my other commitments. Also in my case, I thought I was a dog who wanted to learn new tricks. As it turned out, I'm really happy doing in the volunteer world what I did in the world of work. So, if you're reading this and aren't sure what you want to do or are discouraged by some false starts, don't give up. The right match is out there waiting to find you. Happy volunteering!

Corporation for  
**NATIONAL &  
COMMUNITY  
SERVICE** 

## Spotlight on a Volunteer Opportunity:



### "Meals on Wheels"

By: Ruth Lewis,  
RSVP Volunteer

We all know the term, *Meals-on-Wheels*, and the general concept. But how many of us know what it takes to convert the idea into a viable reality? Clue: It takes far more than our favorite fairy godmother waving her magical wand. In fact, there is a small army whose members, combined, produce and deliver daily meals for seniors throughout Cortland County.

You can become part of this army if you choose. It would give you an opportunity to meet more of your fellow seniors and contribute to their wellbeing. To help you decide whether you want to sign up as a volunteer, let's take a look at what goes on behind the scenes.

First, we start with all of those delightful regulations and guidelines that are cranked out by government agencies to ensure that health and nutrition guidelines are met. Then, Registered Dietitian Carolyn Allen combines these guidelines with her knowledge, her expertise, her budget, the needs and wants of the clients, and, whenever possible, locally-produced food. The menu is regularly reviewed and revised, and an annual survey is conducted to collect additional information.

Around the corner from the Nutrition Office is the Meals-on-Wheels (MOW) kitchen overseen by Cook Danny Ferris. Danny and his staff produce an average of more than 200 daily lunches and more than 100 suppers for homebound seniors and another 200 meals daily for the eight Senior Centers in Cortland County. They also prepare nearly 300 frozen meals for weekend consumption by homebound seniors. Once prepared, they're packed in plug-in hot boxes and coolers and stacked in vans for delivery and distribution.

At most locations the drivers deliver the meals directly to the doors of residents. However, at Friendship House and the apartments at 42 Church Street and 51 Port Watson Street, there are RSVP volunteers who receive the meals from the driver and then use a cart to deliver the meals throughout the building.

Becoming a Meals-on-Wheels program participant starts with a written referral by social service, spiritual, medical, or other professional personnel. Aging Services Specialist Debbie Bush then builds a file of health, nutrition, and needs information based on a home visit and full assessment, as well as information provided by the person's health care providers. The goal is to enable the resident to continue living at home as long s/he wishes and as long as is feasible. This may include installing mobility devices and aids and providing in-home assistance.

If a person qualifies for MOW, a service schedule is arranged as well as the amount of a suggested donation toward the cost of the service. The recipient of the service is made to understand that s/he must be at home to receive the meals when they are delivered and to speak briefly with the delivery person. The delivery person, in turn, reports any concerns to the MOW office, so follow-up can occur to address concerns.

The success of Meals-on-Wheels is dependent on the combined efforts of both paid professionals and RSVP volunteers. Volunteers are essential, not only for the efficient delivery of meals, but also for providing regular communication and social interaction with the residents and for serving as liaison for Area Agency on Aging (AAA) staff. Volunteers are eyes and ears for staff. With the information volunteers provide, staff are able to better maintain oversight and protect the welfare of the participants.

Volunteers are motivated to sign up for this kind of activity for various reasons. RSVP Volunteer Cindy Woodruff, who delivers meals

once a week to 11 recipients in her apartment building, joined because she wanted to do some volunteer work, but is unable to get out much. Being able to engage in volunteer work where she lives is a good fit for her, just as it is for her fellow resident volunteers. RSVP Volunteer Richard Tucker, who commutes to his volunteer assignment for Meals on Wheels, was encouraged to sign up by relatives and friends who were already RSVP volunteers. He delivers meals a couple of times a week and, on his own time, occasionally runs errands for some of the people he has gotten to know who are unable to do so for themselves.

Think about it. Would you like to join a team that helps your fellow seniors eat healthy and keeps watch over their general welfare, while at the same time get the opportunity to meet more of your peers and perhaps develop new friendships? This volunteer activity involves about an hour on a weekday morning; and, for this, you make a positive impact on the lives of others.

For more information, contact the RSVP office at 753-5057. Staff will be happy to discuss this volunteer opportunity as well as others.



## RSVP Fundraisers

RSVP has three major fundraisers each year, and we are currently in the midst of all three:

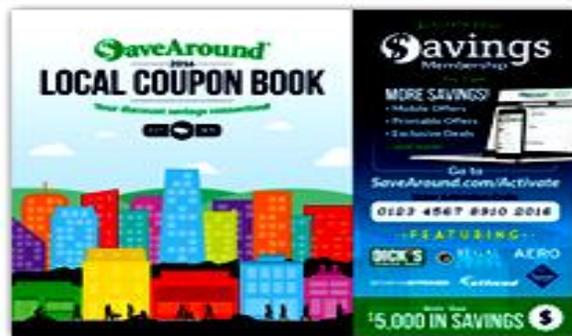
**Bakeless Bake Sale** – Information included in this newsletter. We invite you to “bake” something for us!

**Donut Cart** – Two RSVP volunteers travel throughout the County Office Building on Fridays from September through June, selling bagels, donuts and fruit to county employees. This successful fundraiser generally raises approximately \$1000/year. If you would like to volunteer, just let RSVP staff know.

It’s a win/win, as the county employees are always glad to see you for their treats.

**Savearound Coupon Books** - The 2017 edition for Cortland/Ithaca are on sale now in the RSVP office for \$25/each. RSVP generally profits approximately \$400/year on this fundraiser. Please spread the word, and stop in to look/buy a book today.

All fundraising money is budgeted by the RSVP Advisory Council, and the majority goes back to our volunteers in some form of recognition. Please see the article about our new recognition: the monthly gift basket drawing.



Want to read your RSVP Newsletter on your computer?

Go to <http://aging.cortland-co.org>, and click on the “Volunteer” tab at the top of the page or the link for RSVP in the middle of the page.

You can also request we e-mail it to you.

In addition, if you want to be removed from the mailing list for the RSVP Newsletter, please just let us know.

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RETURN SERVICE REQUESTED



**“SMART DRIVER” 6- Hour Classes**

Open to drivers of any age, but geared for senior drivers;  
 Approved by N.Y.S. D.M.V. for points and insurance reduction



<u>Month</u>	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>Time</u>	<u>Location</u>	<u>Max</u>	<u>Special Instructions</u>
OCT		4	5			5:30-8:30	<u>Cortland Senior Center</u> Co. Office Bldg., 60 Central Ave., Room B-40	35	OK to bring food
OCT		18	19			1:30 – 4:30	<u>Homer Senior Center</u> Homer Town Hall, 31 N. Main St., Homer	35	For Lunch @ 11:30 - call 749-2362 by 10/17
NOV			9	10		5:30 – 8:30	<u>Cortland Community Center</u> Former Train Station, 90 Central Ave., Cortland	20	OK to bring food
NOV			16	17		5:30 – 8:30	<u>Preble Fire Station</u> 1911 Preble Rd., Preble	24	OK to bring food
DEC		6	7			1:30 – 4:30	<u>McGraw Senior Center</u> McGraw Community Hall, Clinton St., McGraw	25	For Lunch @ 12 - call 836-8916 by 12/5

**Pre-register with Cortland Co. Health Dept. @ 758-5509**

**Class Fee= \$20 A.A.R.P. Members / \$25 Non-Members**