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RETIRED AND SENIOR



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RSVP REVIEW

*Newsletter for the Retired and Senior Volunteer Program of
Oneida County
Getting Things Done for Over 30 Years!*

Director's Corner

Hello Volunteers,

Wow, it certainly was a busy Fall! The recognition luncheon was a great success. We had 160 in attendance! Congratulations to all the recipients of the Presidential Service Awards. Our Public Safety and Preparedness Day in September went over very well. This will be an annual event for RSVP and it's partners. You may have heard the Pizza Festival was postponed. RSVP has been accepted as a project of Leadership Mohawk Valley and this group is taking on this event. I will keep you all informed when a new date is selected. The RSVP Oneida County Citizen Corps was awarded a grant from the NYS Emergency Management Office for the first time in 3 years! I will update you on projects and volunteer opportunities in the near future.

I hope you all have a very happy Holiday Season!

Take care and keep doing the good work that you do,

Kari

NEW VOLUNTEER OPPORTUNITY FOR 2008

RSVP will host another new program in 2008. RSVP Senior Center Instructors. If you have a skill, talent or hobby you would like to share with others or if you have a background in something specific and would like to lead seminars for seniors, then this is the volunteer opportunity for you. You can choose the topic and the center where you would like to volunteer. This is another opportunity that can fit into your busy retirement schedule. In as little as an hour a week you can share your interest with your peers. Call RSVP for more information or to sign up for this volunteer opportunity.

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ABOUT RSVP

RSVP is funded by the Corporation for National and Community Service, the NYS Office for the Aging, the United Way of Greater Utica and the Office for the Aging and Continuing Care. The project is sponsored by the Parkway Senior Center.

HOW TO REACH US

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RSVP Of Oneida
County
Advisory Council

Council Chair:
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Vice Chair
Grace Bouse

Secretary:
Patsy Glista

Council Members:
Paula Flisnik
Eileen Gleason
Rebecca Misencik
Herbert Black
Peter Cittadino
Chet LoConti
Ed Jackson
Dennis Tuttle
Ann Perry

*RSVP Senior
Theater will be
performing at the
Ava Dorfman Senior
Center on November
2, 2007 at 11:00 am.*

*The group will be
performing Blotto
and The Pill
Poppers, two
educational skits
performed in a
humorous light.*

*The plays feature
Marie Testa,
Marilyn Rahn, Al
Votik and is directed
by Lou Damelio.*



RSVP GROWING STRONG

Academy award winning actress Sally Fields shared her personal story about living with osteoporosis at a briefing at Capital Hill in Washington on May 17, 2007. The National Osteoporosis Foundation held the briefing to inform lawmakers about the recent advances in the prevention and treatment of osteoporosis. Sally Fields, an osteoporosis patient and advocate, spoke at the briefing and encouraged women to protect themselves against fractures so that they can remain active and reduce their risk of a debilitating injury. Osteoporosis is both beatable and treatable, yet it remains a major public health issue for more than half of all women and a quarter of all men over 50 years of age in the US. People at risk of osteoporosis may not be getting the information that they need to protect their bones or to talk to their doctors. To improve access to information, the National Resource Center is introducing new fact sheets. The materials are available on line at www.niams.nih.gov/bone or by calling the **Center's toll free number, (800) 624-2663.**

You can help prevent the onset of osteoporosis and many other chronic conditions by joining the RSVP Growing Strong Osteo Exercise Program. Call RSVP for more information!

We would like to hold a training for Growing Strong Peer Leaders. If you are interested in being a leader or substitute leader please call the RSVP office.

Senior Moments

You're bedded down. A thought slides into your relaxed mind. You mull on it. It amazes you with its profound depth and brilliance. "I must write this down" you say. But you're comfortably snuggled in bed. "I'll remember it later." Comes later, and that thought like a meteor streaking brightly across the sky, has streaked out of your mind. Is this the price of aging? Or has the mind's ability to grasp ideas become coated with the slippery teflon of age. As a poet once observed: "Gather ye rosebuds while ye may, For old time is quickly flying." So, when that soul-stirring idea slips in on you, move a.s.a.p. to write it down, or "The idea that is blown today, will quickly be dying, lost forever."

By Anthony Rossi, Capital Region RSVP Volunteer

ON THE LIGHTER SIDE

After Christmas, a teacher asked her young pupils how they spent their holiday away from school.

One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa. They used to live in a big brick house but Grandpa got retarded and they moved to Florida . Now they live in a tin box and have rocks painted green to look like grass. They ride around on their bicycles and wear name tags because they don't know who they are anymore.

They go to a building called a wreck center, but they must have got it fixed because it is all okay now, they do exercises there, but they don't do them very well. There is a swimming pool too, but they all jump up and down in it with hats on.

At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts. Nobody there cooks, they just eat out. And, they eat the same thing every night --- early birds. Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked center for pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too.

When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.

..... PRICELESS.....

You Never Know

By Helen L. Marshall

You never know when someone
 May catch a dream from you
 You never know when a little word
 Or something you may do
 May open up the windows
 Of a mind that seals a light
 The way you love, may not matter at all

And just in case it could be
 That another's life, through you
 Might possibly change for the better
 With a broader and brighter view
 It seems it might be worth a try
 At pointing the way to the right
 Of course it many not matter at all,



RSVP Your Invitation to Serve!

What Do RSVP Volunteers Do?

- Drive*
- Teach*
- Mentor*
- Coach*
- Talk*
- Play*
- Support*
- Greet*
- Tutor*
- Plan*
- Direct*
- Cook*
- Assist*

But mostly they care!

The RSVP Station and Volunteer Opportunity Directory is here!

Stop in the Center or RSVP Office and pick yours up today!

Take a stack and spread the word!



HAVE WE GOT VOLUNTEER OPPORTUNITIES FOR YOU!

Share your talents: Become an RSVP Senior Center Instructor! Share your interests with your peers and support continuing education to benefit healthy aging of the mind and body.

Can your 4 hours per month help someone stay independent longer? Helping seniors and younger physically disabled persons with their checkbooks and bills. You can make a big difference. The Bill Payer Program needs volunteer Bill Payers, office staff and auditors.

Red Cross Rome Chapter : Office help, answering phones, filing, etc. Flexible days and hours to fit your schedule.

Want to try something new and make a difference in the community? Join the RSVP Senior Theater Program. No experience necessary, just a willingness to learn and serve! Group meets each Monday at 3 PM at the Parkway Senior Center.

If you love history this is the volunteer opportunity for you! Help preserve history. Our area historical societies need researchers, assistants, and clerical help.

Do you like to meet a lot of people while keeping busy? Our area Thrift Shops can always use volunteers.

Give the gift of friendship! Visit nursing home residents who have little or no outside social contact by Joining the Visiting Hearts Program.

Donate Your Time! AIDS Community Resources needs volunteers to assist in the office and Buddy Volunteers. Flexible hours, full training provided.

Drive people happy! Are you looking for a meaningful and rewarding activity? Do you enjoy meeting new people? Become a volunteer driver with the RSVP Senior Medical Transportation Program. By providing transportation you will help seniors to take care of their medical needs and stay independent. The program offers choice of days, times and area. The flexibility of the program makes it easy to fit in anyone's schedule. Mileage reimbursement, supplemental insurance provided.

Grow Stronger while volunteering! Volunteer Peer Leaders needed for the Growing Strong Strength Training Program.

The Oneida County Citizen Corps needs you! Volunteers to give disaster preparedness presentations and provide information throughout the community. Very flexible hours.

Ensure early intervention for the visually impaired! Volunteers needed to do 4 step vision screening for pre-school aged children. Training provided.

MORE VOLUNTEER OPPORTUNITIES FOR YOU!

Heritage Health Care Center: Volunteers needed for friendly visits (Visiting Hearts) and activities.

Give yourself a gift by joining the Compeer family of volunteers. It's as simple as being a friend. Volunteer your time to be a supportive friend to an adult receiving mental health treatment or become a mentor to an at-risk child. If you like going for walks, talking over coffee, or playing games with a child – Compeer may be for you! Spend just four hours a month doing things that you enjoy and simply include someone on our waiting list. Several volunteer programs to choose from: 1:1 Mentoring, Supportive Friends, Pen Pals, E-Buddies, Lunch Pals, Lunch Buddies, and Compeer Calling.

Help children understand history! The Children's Museum needs volunteers on Saturdays to act as docents and to assist with birthday parties.

CALL OR VISIT THE RSVP OFFICE IF YOU WOULD LIKE TO VOLUNTEER FOR ANY OF THESE VOLUNTEER OPPORTUNITES!

**RSVP
220 Memorial Parkway
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Welcome New Volunteers !

***Alice Bogdan
Sandra Devlin
Rose Freedan
Sheila Himmelman
Toby Levy
Mary Marrone
Shirley Misiaczek
Dennis Ready
Agnes Spencer
Gertrude Williams
Donna Zurek***

**Congratulations to the award recipients at the
33rd Annual RSVP Recognition Luncheon**

1st Annual RSVP Hometown Hero Award
James Vagnoni

RSVP Volunteer Group Honorees
Florence Brindisi
Frank Chiffy
Richard Dunn
Cynthia Jarema
John Longo
John Palmer

**And many thanks to our table sponsors, stations,
and to all the organizations that provided donations
for door prizes and giveaways!**

33rd Annual RSVP Recognition Luncheon October 19, 2007 Hart's Hill Inn

