



The RSVP Gazette

Retired & Senior Volunteer Program of Broome County

Live Life Passionately... Volunteer

A MESSAGE FROM THE RSVP DIRECTOR



Spring is a time of new beginnings and growth. Just as we sow seeds in the garden we can sow seeds in our life to cultivate and grow what is meaningful and important to us. We can add in what we need to stay healthy, happy and connected.

The Corporation for National and Community Service (CNCS) is the federal agency responsible for the nation's volunteer and service efforts. RSVP is a program of CNCS, under Senior Corps. An independent report dated 2/5/19 provides evidence that consistent volunteering can improve the health and well-being of people age 55 and older.

"I'm thrilled with the release of this independent study because it confirms what we have long believed to be true: Senior Corps volunteers are not only improving the lives of others, they are also improving their own," said Deborah Cox-Roush, director of Senior Corps. "These volunteers are feeling healthier and

less depressed. What's also exciting is they say they feel less socially isolated, which we know has important health benefits. Along the way, Senior Corps volunteers found a sense of accomplishment, opportunities for personal growth, and chances to form meaningful relationships."

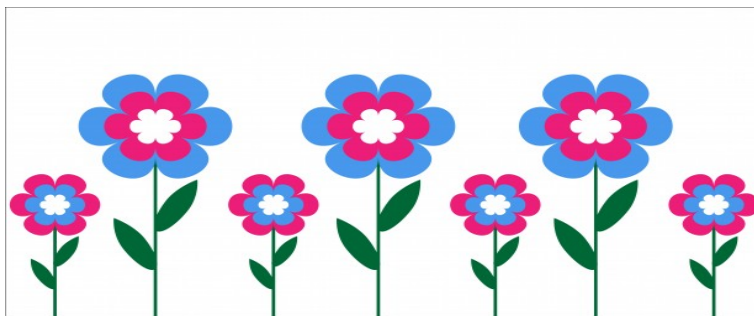
As we move into spring, we are reflecting on the accomplishments of last year. In 2019 RSVP Volunteers gave over 35,000 hours of service in Broome County. The Gifts for Goldens Project saw 216 area nursing home residents, one adult day care and 12 Good Morning Broome Telephone Reassurance clients, receive Christmas/holiday gifts. RSVP Volunteers gave 198 volunteer hours over 4 days of wrapping, bringing joy to many.

In 2019 our Tai Chi for Arthritis classes had over 75 participants and our Bonesaver Classes had over 300 participants. We are looking for more volunteers to get involved with these very popular programs; it's hard to keep up with the demand for more classes!

Thank you for all your service in our community. Please invite a friend or neighbor to call the RSVP office and learn about the different volunteer opportunities available. Volunteer opportunities are flexible, even seasonal, and can accommodate individual schedules. Spring is a time of new beginnings and the perfect time to get involved in the community.

Thank you,

Deb Kerins



Tai Chi for Arthritis Program (TCA)

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The **Tai Chi for Arthritis Program**, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Tai Chi will help individuals reduce stress, increase balance and flexibility, feel relaxed and improve their overall mind, body and spirit. Medical studies confirm the Tai Chi Program relieves pain, reduces falls and improves quality of life. The Tai Chi class, led by a certified instructor, includes: warm up and cool down exercises and six basic core movements.

SAVE THE DATE!

**TCA Re-certification and new Leader Training
May 4th & 5th 2020**

For information/registration - call RSVP at 607.729.9166 or email
dkerins@ccbc.net

Or call the Broome County Office for Aging at 607.778.2411



Master Trainer Dr. Lorraine, RSVP Project Director Deb Kerins, and Master Trainer Nuala Perrin (left to right) at Dr. Paul Lam's, week long, Tai Chi Workshop, June 2017, at the YMCA Blue Ridge Assembly, Black Mountain, NC

Introduction to Sun Style 73 Forms

Bone Builder Osteoporosis Prevention Exercise Program



2020 Bone Builders Deposit NY

RSVP began a new Bone Builders class in Deposit NY and currently there are 24 participants meeting twice weekly for the strength training class

*RSVP thanks **Emblem Health** for their \$100.00 sponsorship to purchase weights!*



Interested in the Bone Builder Exercise Program?

RSVP is currently looking to start new Bone Builder classes at a location, day and time, convenient for you. Get involved and help form a class for you and your friends and neighbors. Participants report stronger muscles and bones, more energy, better mood and sleep, easier ability to do daily activities, and a boost to metabolism helping with weight and glucose control.



Good Morning Broome Telephone Reassurance Program

Good Morning Broome is a telephone reassurance program for elderly Broome County residents who live alone. The participant receives a call Monday thru Friday, between 8:00 am and 10:00 am from a trained RSVP volunteer. Good Morning Broome is a free service provided by the Retired & Senior Volunteer Program. Participants must be a resident of Broome County, an older adult living alone and agree to receive a daily phone call.

Testimonial letter

To the RSVP volunteers who serve in the Good Morning Broome Program,

I joined the Good Morning Broome Program after an accident left me with a fall risk and significant limitations. Life quickly became different. My family is gone and a dear friend came and stayed to be of assistance. That friend eventually died of cardiac failure leaving me with both grief and vulnerabilities. I stepped Good Morning Broome. Your efforts allow me to remain at home and provide a safety net for me. And though I receive a call to say hello and see if all is well, I usually receive more. Sometimes I learn a bit of local history or a glimpse of the caller's yesteryears. I've picked up a recipe or two or an idea for living. I've been reminded to eat a balanced breakfast and asked what my plans are for the day. So thanks, for who you are and what you do. You make a difference!!

For more information call RSVP at 729-9166 and ask for Gloria.

Volunteer Opportunities

Bone Builder Exercise Leader

Become a Bone Builder volunteer! Learn the one hour gentle exercise routine done with light weight hand and ankle weights. In addition to strengthening muscles and bones, participants report an increase in energy and stamina, weight control, mood, sleep and improved balance. Make new friends and look and feel better!

Faith in Action

Volunteers are needed to assist area seniors in aging in place. Friendly visitor and rides to medical appointments are some of the opportunities available. Volunteers are needed to grocery shop for homebound individuals.

Food Pantry Volunteers

Volunteers are needed to assist clients at the food pantries, located in Binghamton and Endicott. Volunteers work with clients and stock shelves. Additional volunteers are needed to unload trucks. During the year there are special events where volunteers help with the community Turkey Drive by signing up clients and collecting turkeys.

Red Cross

Volunteers are needed as schedulers, Blood Drivers and as Canteen Volunteers. Opportunities are flexible. Contact RSVP to connect with these opportunities.

Broome County Office for Aging, Meals on Wheels

Deliver meals and act as a friendly visitor. Volunteers deliver nourishing meals to Meals on Wheels participants Monday-Friday. As volunteers deliver meals, they provide a check on each participant's well-being. Volunteers often assist a person by opening containers or putting cold food in the refrigerator.

Contact RSVP to learn more/sign up for these and other opportunities

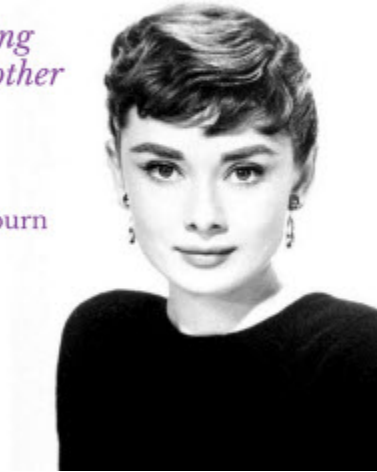
We work with you to find the volunteer opportunity best suited to your needs.

Volunteer regularly, seasonally, or for special events. We work with you around your schedule.

*As you grow older, you will discover
that you have two hands.*

*One for helping
yourself, the other
for helping
others.*

—Audrey Hepburn



RSVP Annual Volunteer Recognition Event

Save the Date!

Wednesday, May 6, 2020

Volunteer Appreciation Luncheon





RSVP TCA volunteer Cinda Gausman with her class at Vestal UMC



RSVP TCA volunteer Donna Fry with her class at OLG Church Endicott



RSVP TCA volunteers Paul Arnold and Linda Purdy at FWSC in Binghamton



RSVP TCA volunteer Paul Arnold & Project Director Deb Kerins at Otsiningo Park

National Volunteer Week April 19th – 25th 2020

Retired & Senior Volunteer Program

Wishes to thank all of our volunteers!

You inspire us everyday





National Service Recognition Day April 7, 2020

On National Service Recognition Day, thousands of local leaders take time to honor AmeriCorps members and Senior Corps volunteers by participating in recognition events, issuing official proclamations, and taking to social media in a nationwide show of appreciation. The sixth-annual National Service Recognition Day will take place on Tuesday, April 7, 2020. This initiative is led by the Corporation for National and Community Service (CNCS), the National League of Cities, the National Association of Counties, and Cities of Service. Mayors and city leaders, county officials, and tribal leaders across the country are using national service more and more to solve their community's toughest challenges. CNCS, America's leader in volunteering and service efforts, engages over 325,000 AmeriCorps members and Senior Corps volunteers in national service at more than 50,000 locations each year. Through partnerships with schools, faith-based groups, non-profits, and local agencies, national service members are embedded within the communities they serve, using their ingenuity and training to make a tangible, lasting impact. Whether responding to natural disasters, tackling the opioid epidemic, educating students for the 21st century workforce, or supporting veterans and military families, AmeriCorps members and Senior Corps volunteers help local leaders make their communities strong.

RSVP ADVISORY COUNCIL

Thank you to our Advisory Council



*Elaine Columbus, Vikki Collazo, Amy Fleming, Sheriff
Harder, Diane Kunzman, Rebecca Morales, Karyn Palmer,
Mary Roma, Deb Stuart, Alycia Kimmel, Jacqueline Sykas*

If you would like to join our RSVP Advisory Council beginning 2020, please call the RSVP office at 729 – 9166 and ask to speak to Gloria or Deb. The RSVP Advisory Council meets 5 times per year, to support the RSVP Program.



Gifts for Goldens Project

Thank you to the Sponsor **I Heart Media** and Community Partners **Miller Auto, Fidelis Insurance, and RSVP.**

Thank you to all RSVP volunteers, RSVP Advisory Council and staff, who wrapped over 1000 gifts for seniors in area nursing homes. You brightened up the holidays for so many!

LADIES OF CHARITY

Nearly New Shop

100 Main Street, Binghamton, NY

Hours: Monday, Tuesday, & Saturday 10:00-3:00— Friday 10:00-12:30

Founded by St. Vincent DePaul patron of all charity, The Ladies of Charity responded to the needs of the poor in 17th century France. The Ladies of Charity have possessed the charisma of their founder with professional service to the poor. Members are asked to give the personal gifts of self, time, devotion, sacrifice and perseverance in the effort to bring dignity to each person and to respond with compassion to every human suffering.

The thrift shop receives all items through the generosity of community members. Volunteers serve as cashiers in the thrift shop, and assist with sorting through the many donations that are dropped off on a daily basis. From new designer clothing to gently used goods, there is always a nice selection to choose from.

Volunteers serve those in need but also welcome the community at large, offering a wide selection of clothing and assorted sundries. Current volunteers love to meet the many people who visit the shop.

The Nearly New Shop volunteers work with school nurses in several area elementary schools to assist with essential clothing, and other items for children in need. Volunteers also assemble and distribute layettes throughout the year to those in need.





NY Connects is a trusted resource that provides free information and assistance on long term care, administered locally through a partnership between the Area Agency on Aging and the Local Department of Social Services. NY Connects is part of a national movement establishing Aging and Disability Resource Centers in each state to assist in long term care reform.

NY Connects

**Your Link to Long Term Services and Supports
Of Broome County**

(800) 342 – 9871 (607) 778 – 2278

Broome County Office for Aging Senior Resource Line

Connects people to community services and programs.

Call the Senior Resource Line at 778 – 2411

Weekdays from 8:30am – 5:00pm

Website: www.gobroomecounty.com/senior

Examples (from the website):

If you need transportation to a medical appointment, to visit friends or to go to a senior center, we can connect you to the OFA mini-bus or help you hire a driver through the Senior Helpers Program.

If you need help with personal care or chores around the house, we can arrange a home visit by one of our case workers to determine what services could help you stay in your home.

If you are considering moving, we can discuss housing options with you and mail you a copy of the *Senior Apartment Housing Guide*.

If you are struggling financially, we can talk about various benefit programs and mail you a copy of the recently updated *Financial Benefits Guide for Seniors*.

Need Help? Dial 2-1-1



Real People

Real Answers

Real Help

Or dial: 1 -800-901-2180

www.firstcallforhelp.info

Susquehanna River Region

Get Connect. Get Answers.

Elder Abuse Prevention

The U.S. Census Bureau, shows that 17.5 % of the population in Broome County is 65 years of age or older. As adults age, they can become more vulnerable to being taken advantage of, abused or mistreated, neglected or the victim of financial exploitation. Financial exploitation is the fastest growing form of mistreatment of older adults in New York State. Often the perpetrator of the exploitation is a family member.

Are you or do you know someone who is:

- Being taken advantage of financially
- Afraid of someone in their home or family
- Unable to get needed food, clothing, medications they need or money
- Bruised or injured
- Isolated
- Not allowed to use the phone or contact whomever they choose
- Seems afraid to speak out
- Threatened or humiliated by someone close to them
- Being pushed, hit or slapped

These are just some examples of a person who maybe being victimized or exploited. If you would like to find out more about abuse of older adults or would like to share some concerns you may have about an older adult, call the Broome County Office Aging at 607-778-2411.

This information is brought to you by the Broome County Family Violence Prevention Council's Elder Abuse Prevention Committee.

Knowledge is Power



RSVP is one of the largest volunteer networks in the nation for people 55 and over. You can use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer activities within your community.

RSVP of Broome County

232 Main Street Binghamton, NY 13905

Phone: 607-729-9166, Fax: 607-584-4667

RSVP is sponsored by Catholic Charities of Broome County

Director: Debra Kerins

Email: dkerins@ccbc.net

Volunteer Coordinator: Gloria McAndrew

Email: GMcAndrew@ccbc.net

