



## *The RSVP Gazette*

### *Retired & Senior Volunteer Program of Broome County*

*Live Life Passionately... Volunteer*



***The world is hugged by the faithful arms of volunteers***

***- Terri Guillemets***

During this unprecedented time of the COVID 19 world pandemic, our sponsor Catholic Charities of Broome County continues the work of providing vital services for the most vulnerable of our population.

RSVP volunteers continue to serve in the Good Morning Broome Telephone Reassurance Program checking on our participants. If you would like weekday telephone calls to stay connected and have a wellness check, contact us to sign up. More information on the program can be found in this newsletter.

Our volunteers are staying positive and active at home and are following the recommendations to stay safe. We are looking forward to our community partners reopening and resuming our many service and wellness activities and classes.

We are registering new volunteers who are anxiously waiting to begin their volunteer assignments once given the green light to get started. We have signed up 11 new volunteers in 2020. Spread the word and share the joy of community involvement. Encourage a friend to register and volunteer.

Stay well and keep the faith! We look forward to seeing you, hopefully soon!

## 2019 RSVP Program Highlights

*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 Bone Builder Classes had over 300 participants.*



### Tai Chi for Health

**Free Tai Chi Program** to improve immunity and relieve stress

Developed by Dr. Paul Lam, Tai Chi for Rehabilitation, is offered for free online during the COVID 19 crisis.

Go to the website: [taichiforhealthinstitute.org](http://taichiforhealthinstitute.org) for more information and other tai chi programs.

Tai chi has been proven by medical science to improve immunity and reduce stress and improve virtually all aspects of health. This is a good time to share this wonderful message for the present challenge and for the future.

## ***Deb's Banana Bread***



### **One Pan Banana Bread - From: Mr. Food**

#### Ingredients:

- 1/3 c. vegetable oil
- 1 ½ c. mashed ripe bananas (about 4 medium)
- 1/2 tsp. vanilla extract
- 3 eggs
- 2 1/3 c. biscuit baking mix
- 1 c. sugar
- 1/2 c. chopped walnuts – optional

Preheat oven to 350 degrees. Generously grease the bottom of a 9" x 5" loaf pan. Place all ingredients in the pan and stir with a fork until moistened; beat vigorously for one minute. Bake for 55 to 65 minutes or until a toothpick inserted into the middle of the loaf comes out clean.

**Banana bread** is easy to make and has become the most popular comfort food during the coronavirus pandemic. (Bob D'Angelo, Cox Media Group National Content Desk) updated May 3, 2020:

“Getting creative in the kitchen is one positive outcome of the coronavirus pandemic. Making comfort food from scratch has become an appealing pastime, and according to Google Trends, searching for the word “recipe” has reached an all-time high.

What tops the list of homemade recipes? Banana bread. The Wall Street Journal reported that a Google search over the past month revealed banana bread topped pancakes, brownies and pizza dough as the No. 1 searched-for recipe in the United States.

According to Julie Ohana, a culinary art therapist, baking can “bring comfort” in times of crisis and uncertainty. “When times are turned on its head we look for ways to cope,” Ohana said on CNBC Make It. “Baking a loaf of bread, some cookies, etc. is so basic but fills such a void.”

The moist (if baked properly), loaves are getting plenty of love on social media, particularly on Instagram and Twitter. “Is COVID-19 sponsored by banana bread?” one tweet said.

“The isolation stages of grief,” another Twitter user wrote, are “denial, anger, bargaining, depression, (and) banana bread.”

In March, Chrissy Teigen traded a loaf of her signature banana bread for a bag of romaine lettuce after learning that Los Angeles grocery stores were sold out, CNN reported.

Why is banana bread so popular? It is simple to bake. Basic recipes only require bananas, flour, eggs, butter and baking soda, The Wall Street Journal reported.

Celebrity New York chef Dominique Ansel calls banana bread “foolproof” and an ideal recipe for quarantined cooks, the newspaper reported.

According to The Wall Street Journal, the earliest printed banana bread recipe in the United States was introduced by Pillsbury in 1933.”



## **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*



**RSVP Annual Volunteer Recognition Event** has been postponed. We look forward to honoring you, when we can all safely gather together.

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**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

National Volunteer Week was April 19<sup>th</sup> – 25<sup>th</sup> 2020

Retired & Senior Volunteer Program

Wishes to thank all of our volunteers!

*You inspire us everyday*







## **2019 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!



**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 – 227**

## **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](http://www.gobroomecounty.com/senior)

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**Need Help?      Dial 2-1-1**



***Real People***

***Real Answers***

***Real Help***

Or dial: 1 -800-901-2180

[www.firstcallforhelp.info](http://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***

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**TRANSPORTATION:** Seniors and caregivers can get answers to transportation questions, assistance with travel planning and group or individual travel training. Call the toll-free **GetThere Call Center** to reach staff that is well versed in the area's transportation options - 1-855-373-4040.

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New Yorkers can call the **COVID-19 Emotional Support Hotline** at 1-844-863-9314 for mental health counseling.

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**Action for Older Persons:** 607-722-1251

Offices closed to the public, but available over the phone or through their website

Call or send a message via their

website: <https://actionforolderpersons.org/contact/>

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Sign up for email Coronavirus updates from NY Governor

Cuomo <https://now.ny.gov/page/s/coronavirus-updates>

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## Crisis Hotlines/Helplines

- Crime Victims Assistance Center (CVAC) Hotline - 607-722-4256
- \*Domestic Violence through RISE - 607-754-4340 or 877-754-4340
  - \*MHASt Peer Support Warm Line - 607-240-7291
  - Suicide Prevention Life Line - 800-273-8255
  - Veterans Crisis Line - 800-272-8255 & Press 1
- Catholic Charities Food Pantries – 607-729-9166



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.

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### **RSVP of Broome County**

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

### **RSVP is sponsored by Catholic Charities of Broome County**

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