



## NEWSLETTER FOR MAY AND JUNE 2017

### Volunteer Appreciation

April is National Volunteer Month and dedicated to honoring the people who give their time and talents to strengthen their communities.

National Volunteer Week began in 1974 as a way to recognize and celebrate the efforts of volunteers. Established by an executive order of President Richard Nixon, National Volunteer Week is now sponsored by the Points of Light Institute, which encourages and organizes volunteerism on a community level. The institute began in response to President George H.W. Bush's inaugural speech in 1989, urging volunteers to become "a thousand points of light."

The 2017 National Volunteer week was April 23-29. *Service Unites*, the theme of the week, captures the power of change makers to come together to build stronger, more vibrant communities through service.

GMRSVP proudly honored our change makers with a celebration lunch on April 27th at the "Exit Ate" Restaurant in Ascutney. Volunteers serving 5, 10, 15 and 20 or more years received gift cards and certificates of appreciation. Maria Contro of Chester earned the Lifetime Achievement Award with 22 years of service and over 20,000 hours since joining RSVP in 1995. Maria serves as Treasurer on the Board of Directors for Meals on Wheels of Greater Springfield and supervises the senior meal site in Springfield.

Jacqueline Langeveld celebrated her first full year as a GMRSVP volunteer by serving over 1000 hours between 4/1/2016 and 3/31/2017 at Meals on Wheels of Greater Springfield, the Springfield Area Parent Child Center, and Springfield Hospital.

Five other talented volunteers reached milestones this year. Robert Evens of Ludlow has given 20 years of volunteer service to Black River Good Neighbor Services and The Cavendish Town Library serving on their governing boards, hauling furniture, and delivering food. Sally Harris of Weathersfield celebrated 15 years of service to the Weathersfield Proctor Library. Fred Ramen of Chester has volunteered at Springfield Hospital for 15 years. Althea Derstine has been a Bone Builder Instructor at the Thompson Senior Center in Woodstock for 10 years. Ron Young of Reading marked 5 years of service as a Meals on Wheels driver and a support person at Springfield Hospital.

*Congratulations!*

## Barn Yarn: Retirees Knitting Sweaters for Chilly Chickens

(from abcnews.com)

Knitting sweaters for chickens sounds like a joke, but a plucky group of retirees in suburban Boston has hatched a plan to keep poultry warm during cold New England winters.

The unusual project began after members of a knitting club at a retirement home in Milton, Massachusetts, heard about the hardships that some chickens suffer this time of year.

Organizer Nancy Kearns says the project benefits chickens kept on a neighboring estate known as the Mary M.B. Wakefield Charitable Trust.

Estate spokeswoman Erica Max says egg production has jumped since the birds began wearing the sweaters.



This newsletter is produced by the Windsor County Office of Green Mountain RSVP located in Ascutney, VT. Information about becoming an RSVP Volunteer is available by calling 802-674-4547 or online at [rsvpvt.org](http://rsvpvt.org)

**Senior Citizens Club Luncheon Meeting**  
*The Chester Senior Citizens Club meets monthly on the third Monday at 11:30 a.m. for lunch at the Chester Congregational Church on Main Street, Chester. All seniors are welcome to join; just bring a dish to share along with your place setting. Come and enjoy the fellowship and a good meal! Bring a friend, too.*

## 24th Annual National Senior Fitness Day Wednesday, May 31, 2017

### “With Movement There’s Improvement”

The goal for this day: to help keep older Americans healthy and fit. Hundreds of thousands of older adults participate in wellness activities all over the country. Vermont offers a variety of fitness opportunities for people 55 and over. You can find them by Googling Senior Fitness Programs in VT and calling your neighborhood Senior Center.

Locally GMRSVP offers the Bone Builder Program developed by Tufts University and proven to combat the effects of osteoporosis and improve overall well being in participants. Classes are free and open to men and women 55 and over. Windsor County GMRSVP has classes in Andover, Ascutney, Brownsville, Cavendish, Hartland, White River, Windsor and Woodstock. Classes are led by trained and certified volunteer instructors and typically meet twice per week.

In observance of Senior Fitness Day we invite you and a friend to visit a Bone Builder Class near you and experience the enthusiasm of the group and the benefits of the exercises.

Meeting times are available on line at [RSVP&The Volunteer Center](http://RSVP&TheVolunteerCenter)—An Invitation to Serve or by emailing [cmitchell@svcoa.net](mailto:cmitchell@svcoa.net)



### ***Spring Coffee Hours***

June 2nd is National Donut Day so we'll celebrate by raffling off a Dunkin Donut gift card and sampling a few

DD specials along with our healthy snacks and beverages.

June 9th is National Garden Day and a great time to swap perennials. Bring a shovel of your favorite flowers or herbs to share or plant at the office.

The 16th of June is the beginning of Father's Day weekend. A volunteer from the Springfield Art Gym will be here to talk about how they encourage people of all ages to exercise their creativity.

Please join us for any and all of these dates and bring a friend. We meet at 10am in the Ascutney Office.

### **Volunteer Orientation**

Green Mountain RSVP is a program of Senior Corps sponsored by Southwestern Vermont Council on Aging. Our volunteers are offered orientation to the corporation, our sponsoring agency, and working with non profits. Volunteerism has a tremendous impact on our communities and consequently responsibilities to be considered. The next Windsor County Orientations are planned for May 15th and June 12th at 10am in the GMRSVP Ascutney Office. Please call 802-674-4547 if you plan to attend so materials can be prepared for you.



***Drivers needed in all parts of the county to deliver Meals on Wheels and transport seniors to appointments. Some of our partners offer a stipend. You decide how much you drive. An hour a week can be a big help. Call the GMRSVP office 802-674-4547.***

# **OLDER AMERICANS MONTH**



**AGE OUT LOUD: MAY 2017**

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the national Council of Senior Citizens led to designating may as "Senior Citizens Month" the prelude to "Older Americans Month.'

Historically Older Americans Month has been a time to acknowledge the contributions of past and current older persons in our country, in particular those who defended our country. Many of the Senior Centers in your communities will host special events.

GMRSVP will celebrate "Older Americans Month" with a Picnic in the Park beside the office in Ascutney. Festivities begin at noon.

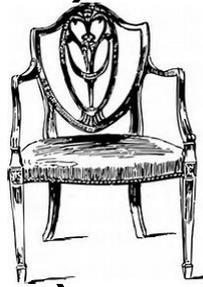
### ***Senior Help Line 1-800-642-5119***

A resource for all Vermonters over 50 years of age, and their caregivers, seeking information or assistance with food, heat, healthcare, finances, housing, transportation and social support.

## Springfield Humane Society

Seeking a volunteer manager in the thrift store and others to sort and shelve items for their weekly "Wag Sale". Volunteers are also needed to work at the sale on Saturdays. The "Wag Sale" is one of the Humane Society's best fundraisers and all proceeds go directly toward services for the animals. If you'd rather be with the animals there are always dogs to walk and cats to cuddle.

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Black River  
Good Neighbor Services  
*SPRING RUMMAGE SALE*  
May 19, 20 and 21  
at the Fletcher Farm  
VT Rte 103 in Ludlow



GMRSVP, P O Box 145, Ascutney, VT 05030