



WINDSOR COUNTY NEWSLETTER FOR NOVEMBER AND DECEMBER 2017



Bob Evens Honored

at Senior Solutions Annual Meeting

RSVP Volunteer Bob Evens has been serving in the Ludlow area for over 20 years on local governing boards, hauling food and furniture for Black River Good Neighbor Services, working at food drives, doing odd jobs at the library and being ready to help wherever and whenever needed.

Bob was nominated for the Senior Solutions Annual Successful Aging Award by Audrey Bridge, Executive Director of Black River Good Neighbor Services where Bob has served for many years. Celebrating his 80th birthday in 2017, Bob continues to be engaged in his community. His spirit and commitment to his neighbors make Bob an example of successful aging. Thank you Bob.

Successful Aging Awards are given each year by Senior Solutions, the Council on Aging for South Eastern Vermont. Bob is pictured above with Senior Solutions Executive Director Carol Stamatakis at the Annual Meeting on October 25th.



Springfield MOW Annual Dinner

Meals on Wheels of Greater Springfield relies completely on volunteers in the kitchen and delivering meals, five days a week, 52 weeks per year, to homebound seniors and handicapped individuals. In appreciation of the support that makes MOW successful, volunteers are honored at an Annual Dinner at the Springfield VFW.

There is always plenty of fun, good food, and surprises for dinner guests to show them how much they are appreciated. Pictured above are some of the GMRSVP volunteers who help to make it all happen. Thank you Maria Contro, MOW Board Treasurer, for organizing such a wonderful event.



Thank you for the thoughtful additions to the community Meal Chart. I've made the changes and will continue to add anything else that comes to light. Please call or email if you would like an updated copy.

Many communities will have special holiday meals and may need some help delivering to shut ins. Last year I was part of a group from the Springfield Family Center that delivered on Thanksgiving and Christmas. It only takes a little time when there are many hands and means so much to the recipients.

RSVP in San Diego

I spent time at the Mira Mesa Senior Center in October and visited the local RSVP Office across the parking lot, in the police station. RSVP volunteers have their own squad car and after 6 months of training, volunteers ride along with officers to do welfare checks in senior communities and respond to calls for help. Another branch of the department is called RSVP Ambassadors and they patrol Balboa Park and the Zoo in electric cars making sure there is no gang activity in the parks.

Flu Shots: Especially Important if you have heart disease

From the Mayo Clinic Newsletter

If you have heart disease, flu season can be a dangerous time. Complications from flu are more likely in people with heart disease. Fortunately, getting a flu shot can reduce your risk of catching the flu or developing complications from the flu. Influenza can worsen pre-existing conditions like diabetes or asthma.

It is also a good idea to get a flu shot if you are caring for someone who has heart disease. Lowering your risk lowers the risk for people around you.

Flu shots are safe for most people, but always check with your doctor. Flu shots are available through primary care doctors, public health departments and some pharmacies and are covered by most insurances.



Vermont Adult Learning
Education That Changes Lives!

The Springfield Office of Vermont Adult Learning is seeking part-time clerical support. No computer skills required. Set your own hours.

Contact Sue Barrett at 802-546-0879 and tell her you are from RSVP.



Hartland Bone Builder Instructor

Featured in Valley News

The October 30th Sunday Seniors section of the Valley News highlighted Hartland Bone Builder Instructor Hylene DeVoyd.

"I've decided that if I ever have the privilege of living to be 78 years old, I want to be exactly like Hylene DeVoyd" said columnist Liz Sauchelli.

Class members participate as much for the socialization as the strength and balance exercise program. Gently led exercises that yield results, friendly conversation and fun all add up to why people return to class.

"It's a very congenial group," says Jean Day, a local resident. "We all laugh with each other"

Hylene knows that even the slightest effort has an impact. "You name it, I've had the problem," DeVoyd said. "This class keeps me going. You have to keep going no matter how old you are." "I love it, can't you tell."

Hylene and her co-instructor Nada Pierce have been leading the class for seven years. Their class meets on Monday and Wednesday mornings in Damon Hall.

GMRSVP sponsors nine Bone Builder classes in Windsor County. If you would like to attend a class, become an instructor, or refer a friend call 802-674-4547. Men and women 55+ are welcome to participate at no cost.



NEW OPPORTUNITIES

"Everybody Wins Vermont" in White River is seeking volunteers to be reading mentors to first graders in the Hartford Elementary School beginning in January. Average commitment is 1-2 hours per week and training is provided.

Cavendish Town Elementary School will welcome reading mentors in the America Reads Program.

Springfield School Nurses are looking for people to help families fill out the paperwork for free and reduced lunch. School nurses believe that the decline in participation is due to families not being able to fill out the forms. Help kids get the nutrition they need for school success.

Time to Get Out My Coat!

My west coast adventure is coming to a close. The Ascutney Office will reopen on Monday Dec 4th at 9am.

I am grateful for the opportunity to help my family and share special times with them. My respect and admiration for military families deepens as I learn more and more about what it takes to be in this system.

RSVP San Diego and the Mira Mesa Senior Center have been marvelous learning experiences. And although what happens here is so very different from what happens in Vermont, it is wonderful for all the same reasons. People care about each other and do what they can to help.

Thank you all for your help and support. See you in December.

Springfield Senior Center

139 Main Street, Springfield, VT

Saturday, November 18th

9am to 1pm

Lunch, Door prizes, Cookies, Baked Goods, Crafts and Gifts.



Chelsea Senior Center

November 18th from 9-2

United Church of Chelsea

13 North Common, Chelsea, VT

Lunch 11am to 1pm

Gifts, Crafts and Raffle!

Royalton Senior Center

December 2nd from 9am to 2pm at the Royal Academy Building,

Route 4266 VT Rte 14, Royalton, VT

Lunch from 11am to 1pm Raffle and Crafts!



Thompson Senior Center

Woodstock, VT Saturday, December 2nd from 9am-1pm
Santa will visit and our famous Cookie Walk! Exciting raffle prizes.



GMRSVP, P O Box 145, Ascutney, VT 05030

