



Windsor County Summer Newsletter 2018

Volunteer Appreciation Luncheon

Green Mountain RSVP of Windsor County honored our volunteers at a special luncheon in April. We met at "Exit Ate" restaurant in Ascutney for a turkey dinner, door prizes, thank you gifts and recognition of years and hours of service.

Windsor County RSVP has 82 active volunteers delivering meals, working at food pantries, leading Bone Builder classes, mentoring in schools, providing transportation, being a companion and working at local non-profits. All of our volunteers give selflessly to their neighbors.

Our longest serving volunteer is Maria Contro of Chester. Maria started at Meals on Wheels of Greater Springfield 23 years ago and now serves as the dining room hostess and Treasurer of the Board of Directors. You may know her as the lady who sells lilies at Easter and poinsettias Christmas to raise funds for MOW.

Special recognition goes to Bob Evens of Ludlow who has given 21 years of service to his community. He is currently a volunteer with Black River Good Neighbor Services and the Cavendish Town Library. Bob was honored as the Senior Solutions "Senior of the Year" in 2017.

Alice Geiling has given 20 years of service in the Upper Valley as a Bone Builder Instructor at Graystone Village and in the Food Shelf at the Upper Valley Haven.

Woody Bickford has also served 20 years. He and his wife Rusty began as drivers for Meals on Wheels of Greater Springfield and now Woody is a member of the Board of Directors.

Three ladies from Brownsville, all Bone Builder Instructors for the West Windsor class, Mary Dalton, Sue Ober and Nancy Ross all celebrate 10 years of service this year.

In addition to years we also track hours of service. There are some impressive numbers. Althea Derstine, 3500 hours to the Thompson Senior Center Bone Builder Class. Jacqueline Langeveld, 2004 hours to Meals on Wheels. Charlotte Snyder, 1500 hours as a Bone Builder Instructor and Reading Mentor in Cavendish. Over 1,000 hours are Hugh McLernon, Mark and Joe Greenvall and Rae Taylor, over for Meals on Wheels; Janice Gordon, Sandy Lemois and Hylene DeVoyd to their Bone Builder classes; Fred Ramen at Springfield Hospital and Sandy Vincent manages the Chester Andover Family Center Food Shelf.

Thank you, all 82 of you, for being active in RSVP and serving your communities.

"Don't ever question the value of volunteers. Noah's Ark was built by volunteers; the Titanic was built by professionals." Unknown author



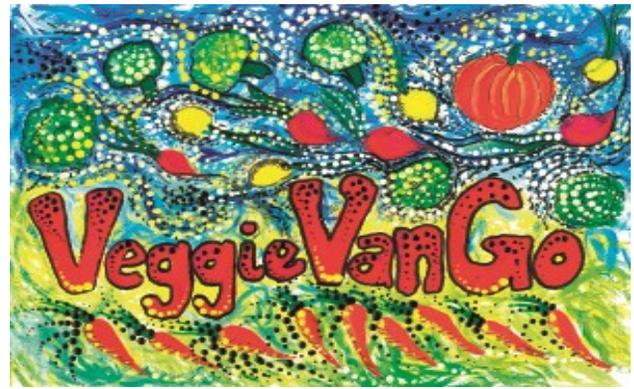
Graystone Bone Builders at St.Paul's

The White River Bone Builder class from Graystone Village has moved to a new location! Now happily meeting in the parish hall at St.Paul's Church on Hartford Ave. (next to the Haven) Elaine Campeau and the class welcome men and women 55 and over on Monday and Thursday mornings from 9-10am. The class is free and meets year round. Weights provided.

NEW VOLUNTEER OPPORTUNITIES

Immediate need for people to work in **Rachel's Kitchen**, a community meal site serving free breakfast 5 days per week at the Rachel Harlow Church in Windsor. Volunteers will open the kitchen early in the morning, cook, serve, clean up and close up. For more information call GMRSVP 802-674-4547.

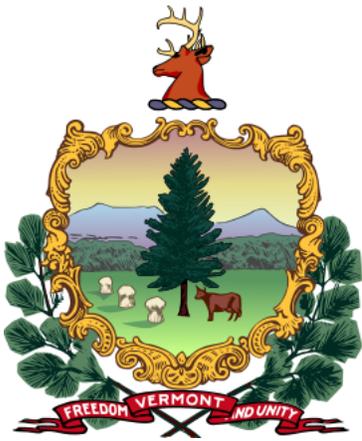
Black River Good Neighbor Services needs help with it's annual fund raising appeal letter. Groups of volunteers will stuff envelopes on June 20 and 27 and July 11 and 18 in Ludlow at the United Methodist Church starting at 10am. Refreshments will be served.



The Vermont Foodbank's VeggieVanGo events promote health for Vermonters. VeggieVanGo events not only provide an opportunity for participants to bring home fresh produce, they also create a gathering place that offers support and conversations about healthy food. The truck arrives with large bins of thousands of pounds of fresh food and, with the help of amazing volunteers they provide produce to hundreds of families and individuals each month.

Along with healthy, fresh food, VeggieVanGo provides education and outreach to improve food security. In partnership with the VT Fresh program VeggieVanGo offers cooking demos, and taste tests of the vegetables available, paired with recipes and cooking tips. A SNAP outreach team is also at the ready to assist participants with information about 3SquaresVT and provide application assistance.

Look for the VT Foodbank Truck on the 2nd Tuesday of the month at Ascutney Hospital and the 2nd Friday of the month at Springfield Hospital.



National Service Recognition Day

On Tuesday, April 3, local leaders held public events, issued proclamations, and used social media to thank AmeriCorps and Senior Corps members for their service, drawing a spotlight to the value they bring to communities across the nation.

On that date the Vermont House of Representatives passed Concurrent House Resolution H.C.R. 309 acknowledging the impact of volunteer programs in our state and making April 3rd Nation Service Day in Vermont.

As members of Senior Corps, Foster Grandparents, Senior Companions and RSVP Volunteers were invited to attend the ceremony.



Pictured above from left to right are Polly Bacon, Anita Roy, Sandy Lemois, Carmen Summarsell and Hylene Devoyd, represented Windsor County in Montpelier. Thank You!!

Bone Builder Program Growing!!!

The Windsor County RSVP Bone Builder program continues to grow in attendance and the number of classes available. We are hearing more often that people are being referred by their physicians. We also hear that recovery times after injury or surgery is shorter because of participation in the class.

Physical results is only a part of the popularity of these classes though. Getting healthy with your friends and having fun is the real bonus. RSVP Bone Builder Class Leaders are certified by Master Trainer Pat Facey of Rutland. In March Pat came to Ascutney to certify a dozen new instructors.

Alice Lindquist, of Andover, Liz Baumaritto of Cavendish, Skip Morrison, Betty McArthur and Carmen Summarsell of Hartland, Muriel Farrington and Marge Alexander of White River, Rebecca and Dan Roisman of Windsor, Laurie Marshall and Harriet Stehouwer of Woodstock, and Eleanor Mattison of Bennington, participated in the day long training to become our newest Certified Bone Builder Instructors. Sandy Goodwin of Andover attended a later class in Rutland and is now certified as well.

Thank you all for leading the classes and being RSVP ambassadors in the community.

You are
Appreciated



DRIVERS NEEDED

Seniors in your neighborhood need help getting to appointments, the gym and grocery shopping. Meals on Wheels needs people to deliver meals to home bound elderly. An hour a week will make a huge difference. Please call 674-4547.



GMRSVP, P O Box 145, Ascutney, VT 05030

