

# Green Mountain RSVP

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[www.rsvpvt.org](http://www.rsvpvt.org)

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## Healthy Aging Conference, November 7 — 8, 2017



Take charge of your health, finances and longevity at this two-day learning experience presented by Grace Cottage Hospital at the Grafton Inn. More than a dozen highly respected professionals will speak on matters of physical, mental and financial health.

Highlights are a financial refresher with Richards Group on Day 1 and an address from Michael Gigante, author of “The Psychology of Aging Well” on Day 2. The cost of this conference is \$90 per day and includes continental breakfast, lunch and classes. To register for one or both days, contact Andrea Seaton at 802-365-9109. Full description at: <http://gracecottage.org/get-involved/healthy-aging-conference/>

## Recent New Volunteers!

Connie Barton

*Deerfield SASH*

Rick Drawert

*Grace Cottage Driver*

Gurudharm Khalsa

*Brattleboro MOW*

Ellen Pratt

*Deerfield Valley Food Pantry*

### New Volunteer Referral Reward Program

Thanks to a donation from a former volunteer's estate, we have started a little reward program for referring people to join RSVP. If you know someone looking to help their community but not sure where to begin— send them our way! Once the person has been approved as a volunteer and begins volunteering at a RSVP workstation, names of referring volunteers will be entered into a random drawing to win a gift card. The winning volunteer will receive a \$100 gift card to either a gas station OR a grocery store of their choosing. A person may not be recommended more than once and they must meet the essential qualifications for being an RSVP volunteer. Drawings for the prize winner will occur quarterly in each GMRSVP office.

### ~Featured Volunteer Positions ~

Brattleboro Meals on Wheels- Packers and Meals Delivery 2 hours/ week  
BMH and GCH- Hospitality, Info Desk and Transporters, 2-4 hrs/ week  
Senior Drivers and Visitors- Visit and assist seniors at their home 1 hr./ week  
Food Shelf Assistance- Organizing, stock shelves, assist patrons  
Area school tutors and mentors- Reading and social time

## Volunteer Stations: Helping us Achieve our Mission

RSVP is placing volunteers at forty area non-profits, schools and hospitals in Windham County. As a program funded under the National Senior Corps, RSVP offices are required to sign a new Memorandum of Understanding (MOU) every three years with our volunteer stations. Thank-you to our stations for renewing their MOUs and we look forward to helping achieve their mission.



## New Aquatics Exercise Program to be Offered

Senior Solutions and Brattleboro Memorial Hospital are pleased to announce that a warm-water class designed by the Arthritis Foundation is being planned for Brattleboro at the new Comfort Inn on Putney Road. The free 45-minute classes will begin this fall as soon as volunteer instructors complete an online training and become certified. This warm-water exercise program is suitable for every fitness level, and had been shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and an optional, moderate-intensity aerobic component. The classes are held in water that is 83-90°F, which allows for a wide range of benefits for older adults who may be struggling with pain, inflammation, joint function and strength issues. If you are interested in volunteering to lead weekly classes and would like more information about the program and trainings, please contact Steve at RSVP or Catherine Wisniewski at 885-2679.



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## Senior Solutions Annual Meeting October 25th

Please join me at this year's Annual Meeting with Senior Solutions staff, an engaging film lecture and presentation of Successful Aging awards. Seniors nominated from all over Windsor and Windham Counties will be honored. We will also recognize volunteers and celebrate their achievements, which would not be possible without the many supporters and community partners. The guest speaker this year is filmmaker Mr. Jesse Kreitzer whose film *Caregivers* is about eldercare in rural Vermont told over the course of the four seasons and featuring accompaniment by the Vermont Symphony Orchestra. Registration and refreshments are at 8:30 a.m. The meeting is from 9 to 11 a.m. on Wednesday Oct. 25 at the Nolin-Murray Center, 38 Pleasant St. in Springfield. If you plan to attend, please call Senior Solutions by Friday, Oct. 13 at (802) 885-2655 or toll free at 1-866-673-8376.

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## AARP Tax Aide Program Gearing Up for 2018

*With the help of people like you, AARP Foundation Tax-Aide Program offers free tax-filing help to those who need it most. We're looking for compassionate and friendly individuals to join our team of local volunteers for the upcoming tax season. You'll receive training and continued support in a welcoming environment. We have programs at three sites in Brattleboro and one in Bellows Falls, open 1-2 days a week between January and April 15. Contact RSVP for details.*

**Be a volunteer tax preparer, client facilitator, technology coordinator or schedule manager. If you're interested in making a difference in your community, we've got a role for you!**

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Green Mountain RSVP is sponsored by The Southwestern Vermont Council on Aging. RSVP is a member of Senior Corps, a nationwide volunteer program for people 55+ who want to give their time and experience to strengthen their communities. Thank you for your commitment to the non-profit organizations and people of Windham County.