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## WINDSOR COUNTY NEWSLETTER FOR SEPTEMBER AND OCTOBER 2016

Summer is coming to a close and even though we don't go to school anymore, many of us still feel the urge to get busy with something new in the fall, so here are a few ideas to help you get started.

The **"Everybody Wins VT"** program that is so popular with volunteers begins in September at the White River School in Hartford, Tunbridge Central School, Chelsea Public School, and Westshire Elementary School. Volunteers are needed in each location. There is an application process that includes a background check.

The **"America Reads"** program is active at the Cavendish Town Elementary School. RSVP had two volunteers there last year and more are needed. Many other K-12 schools in our county welcome volunteers in a more casual way to mentor students in activities supporting their academic and social development.

Drivers for **"Meals on Wheels"** programs are always needed, on a part time or seasonal basis, to cover for vacations and illness. Windsor, Springfield, Ludlow and Woodstock have volunteer drivers from RSVP delivering nutritious food and providing social support to homebound elders five days a week.

**Springfield Meals on Wheels** serves a community dinner twice a week at their meal site on Southridge Street Tuesdays and Thursdays at 11:30am. Volunteer wait-staff are needed to serve food and drinks to participants, clean up and get ready for the next day.

**Transportation** to appointments, grocery shopping, and special events is a real challenge for seniors in our county. There is always a need for drivers to help our older neighbors get around. We partner with local agencies to provide reliable, safe drivers for this important activity.

**"Blankets for Babies"** is an effort based here in the Ascutney Office. Volunteers sew, knit or crochet blankets that go in the "Welcome Baby Bags" given to families of newborns by the "Good Beginnings" program at the Springfield Area Parent Child Center. There is a meeting of this group on Tuesday October 4<sup>th</sup> at 9am.

The Chester Andover Family Center, Black River Good Neighbor Services, the Upper Valley Haven and smaller **local food shelves** rely on volunteers. Your help in their thrift stores and food shelves makes it possible for them to serve their communities.

*"There is nothing stronger than the heart of a volunteer" Jimmy Doolittle*

**“Bone Builders”** is going strong – so to speak. There are nine classes in Windsor County meeting two or three times a week providing strength and balance training to people 55 and over, free of charge. New participants are always welcome. Classes vary in group size and meeting times. All are conducted in generously donated community spaces.

These are just some of the opportunities available at non-profit organizations in Windsor County and there are many more.

Last year Green Mountain RSVP volunteers in Bennington, Windham and Windsor Counties had a significant impact on their communities.



If you, or a friend, would like more information about volunteer opportunities with GMRSVP, please call or come by the office. Office hours are Monday thru Friday 9am to 3pm and the phone is 802-674-4547. If you like to do your research online please visit us on [rsvpvt.org](http://rsvpvt.org).

## SAVE THE DATE

Senior Solutions is offering the free **“Medicare Bootcamp”** training for people who are new to Medicare at the GMRSVP Ascutney Office on **September 7<sup>th</sup>**. For more information and to register call 800-642-5119

**Group Orientation for volunteers** will be held at 2pm on **Monday September 12** in the Ascutney Office. This is designed for any volunteer beginning their service or experienced volunteers wanting updated information. Materials will be distributed and light refreshments served. Please call 802-674-4547 to reserve a seat.

Black River Good Neighbor Services Fall **Rummage Sale** at the Fletcher Farm on VT Route 103 in Ludlow, **September 16-18<sup>th</sup>**. Donations of furniture, clothing, and sporting equipment in good condition is appreciated. All proceeds go toward community support programs for the winter season.

**Birthday Party** for the Windsor County Office to celebrate one year in the Ascutney location will be held on Friday, **September 23<sup>rd</sup>** from 4-6pm at the office on Ascutney Store Road.

**Fall Pot Luck Lunch November 4th at noon**  
Still searching for a festive location.

**Tree Trimming and Yankee Swap** at the office on Wednesday December 7th at 1pm. Cookies, cocoa and Christmas Cheer!

Your family and friends are invited to accompany you to all of these events.