

Green Mountain

Fall 2009

SERVING BENNINGTON, WINDHAM & WINDSOR COUNTIES

RSVP

& VOLUNTEER CENTER

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FROM PAT'S DESK...

The summer of rain, hail, thunder and cold did not slow down the hardy RSVP volunteers from clocking in over 74,000 hours of volunteer service since January. It's heartwarming to know that in this time of economic hardship, volunteerism continues to thrive. In keeping with President Obama's initiative to answer the call to serve our communities, Green Mountain RSVP has entered 30 volunteer opportunities into the website www.serve.gov. By entering one's zip code, a list of volunteer jobs will appear with the contact names and numbers from our offices. There are also many uplifting volunteer stories on this site. We're waiting to see the one we sent in from the Bone Builder class leader in Arlington.



A long time tradition at Southern Vermont Medical Center will soon have a new twist. The American Red Cross Gray Ladies will shortly be sporting a new patch on their uniforms that will read Green Mountain RSVP Volunteer. The Red Cross has relinquished its sponsorship of the Gray Ladies, a group which RSVP is more than happy to sponsor. Their new designation will be RSVP Lobby Desk Volunteers, and we sincerely look forward to overseeing this fine group of dedicated volunteers.

The Nurturing Grandparent Program in Windham County has an energetic and creative new Program Manager. Kathy Emerson took over the duties from Carol McManus who

resigned due to the demands of a full time position at Brattleboro Retreat. The program continues to grow by matching "grandparents" with a family needing a grandparent. Even Lyman Orton, owner of the Vermont Country Store, has written in his catalogue that he thinks grandparents whose grandchildren are far away should become substitute grandparents for children who need one. Just think, we thought of it before he did!

In Windsor County an exciting new venture called The Norwich Aging in Place Initiative is in the early stages of formation. This is a grass roots, neighbor to neighbor volunteer effort to help seniors maintain independence and stay in their homes. Green Mountain RSVP has been asked to be a part of the ground floor planning, and for help in recruiting volunteers. Remember our continuous appeal - reach out to a friend or neighbor who might find joy through volunteering and tell them about RSVP!



Why are these RSVP volunteers looking surprised and happy? see story on page 7.

Missing from our Spring Newsletter was a nod to the towns of Cavendish, Chester and Windsor for their generous appropriations to Green Mountain RSVP. Thank you towns!

"I can't imagine a person becoming a success who doesn't give this game of life everything he's got."
Walter Cronkite



Windsor County Volunteer Spotlight Lois Severance

Lois Severance has been a Windsor County Green Mountain RSVP volunteer for the past six years. During that time, she has chosen to serve her community in a variety of ways. Never idle for long, Lois has dedicated her efforts to helping of others. She embodies the true volunteer spirit.

Lois was born in Windham, Vermont, one of eleven children. She was raised on a farm, and given a strong work ethic. She moved to Chester, Vermont for her high school years, then took nursing training, and became an RN. Married to a physics professor, she raised her two children in Northfield, Vermont. Since that time, she lived in a variety of places outside Vermont, but longed to be back in her home state. So, in 2001 she settled in Springfield. We are so glad she did. She is a “people person” who loves to be engaged in conversation. Lois is talented, very versatile, and has quite a sense of humor. She does not seek praise, but certainly deserves it.

Lois has freely given much of her time to individuals and organizations as an RSVP volunteer. She was an advocate for women through New Beginnings; she worked in the kitchen for Meals on Wheels; she was a driver for Connecticut River Transit, driving patients to Dartmouth Hitchcock, Keene Medical Center, and other hospitals for medical appointments. She is currently also driving patients for the Vermont Association of the Blind. Lois spent many summers as a greeter in the Chester Information Booth, which she enjoyed immensely. Lois always says yes when she is called upon. She has helped with many mailings, and continues to do so. She also helps out the Springfield Chamber of Commerce each year at the annual Apple Festival in October.

For the past three years, Lois has found a new volunteer passion as Bone Builder’s leader. Bone Builders is an RSVP osteoporosis prevention exercise program which is immensely helpful in strengthening bones and improving coordination and balance. It features low-impact, weight-bearing exercises. When Lois first joined the class as a participant, she felt she really needed to get stronger. As time went on, she saw such improvement in her strength, energy level, and overall well-being, that she decided to take leader training. She wanted to share her enthusiasm with others. The rest is history, as they say, because Lois absolutely loves leading classes and she is so good at it! Her first class as leader, was held in our RSVP Springfield office. It has now grown, and moved to the Whitcomb Building Community Room in Springfield. She is so enthusiastic and dedicated to helping everyone in the class reach his/her goals. Lois is eager to meet the needs of each individual class member. Continued on page 3.

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Springfield, VT 05156
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Linda Husband, Prog. Mgr.
lhusband@greenmtncn.org

Pam's page



Ginger Cake with Carmel Topping

Serves: 16
Prep time: 15 min.
Cook time: 45 min.
Total time: 1 hr.

Ingredients:

2 cups Yoplait creamy harvest peach or
creamy vanilla yogurt
½ cup caramel fat free topping
¼ cup all purpose flour
¼ cup sugar
1 tsp baking powder
1 tsp cinnamon

1 tsp ginger
½ tsp salt
½ cup molasses
1 egg
1 medium apple, chopped
Lemon juice

Directions:

Heat oven to 350, grease and flour 9-inch square pan. In medium bowl mix ¾ cup of yogurt and caramel topping cover and refrigerator until serving time. In a large bowl, beat remaining 1-1/4 cup yogurt and all the remaining ingredients except apple and lemon juice. With electric mixer on low mix for 45 seconds, scraping bowl constantly until blended, then for 1 minute beat on medium speed until well blended. Stir half of chopped apple into batter, pour in pan. With other half of apples sprinkle lemon juice, cover and refrigerated until serving.

Bake cake for 38-43 minutes or until toothpick inserted in center of cake comes out clean
Cool slightly; serve with topping mixture and apple.

TAKEN FROM MIXINGBOWL.COM

Lois Severance continued from page 2

Her concern is obvious, as she is always trying to find ways to improve the class, make it fun, while continually giving positive reinforcement to all. One can see by observing her class that she is a natural leader who loves what she's doing. Lois finds great delight in spreading the word that Bone Builders is a terrific program!

Green Mountain RSVP is very proud to have Lois Severance as a volunteer, and wants to say, "Thank you, Lois, for all you do!"



COOL WAYS TO GIVE BACK

Make a Soldier Smile

Send upbeat letters or packages to a deployed member of the U.S. Armed Services

Protect a National Treasure

Volunteer at a State Park or National Park

Get in a Kitchen and Cook

Help low income families learn to cook more nutritiously

Inspire a Middle Schooler

Teach a special skill to disadvantaged students

Embrace Your Inner Teacher

Tutor struggling elementary students in reading

Spruce up a House

Help repair the homes of low income families

Grant a Wish

Get matched with a person in need and help them through a difficult time

Create Jobs

Lend a modest amount of start up money to an inspiring entrepreneur

Sing a Comforting Song

Lift the spirits of a person who is gravely ill by singing a lovely song at their bedside

Take a Stand on Poverty

Educate family and friends about poverty by hosting a party for CARE

Welcome a Refugee

Help a refugee family feel at home after leaving a war torn area

Share your Hair

Grow your hair so that you have 6" to spare. Cut it off and send it to Pink Heart Funds (866 757-7465) for people who have lost their hair due to cancer.

Taken from AARP Magazine September/October issue.



RSVP Volunteers Assist in Emergency Drills (Vermont Emergency Management Association)

L-R Kathy Nowell, Bob Oeser and Jane Clarke

Two or three times a year, Green Mountain RSVP volunteers in Windham County play an important role in helping to test the state's response to an emergency, particularly an emergency involving the Vermont Yankee nuclear power plant. Seated at a bank of phones, and working from prepared scripts, the volunteers keep up a steady stream of phone calls to emergency operators, asking the kind of questions that could be expected from the public as news of an emergency breaks.

The volunteers begin and end each call with the words "This is a drill" as they pose as concerned citizens, reading from their scripts and sometimes embellishing the call with an accent or a different sounding voice. The calls are answered by any of a number of operators who would be staffing phones in a real emergency, such as 211 operators, the state police and sheriff's offices. These calls are monitored by evaluators who track the quality and promptness of the responses, and the way the communications systems perform under pressure.

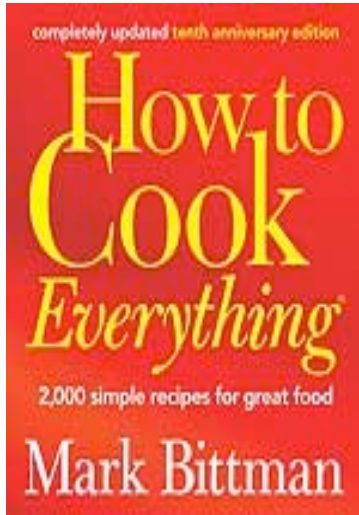
At the most recent exercise, the RSVP volunteer team detected and reported technical problems with some additional lines installed for the exercise. A solution was found, and the volunteers received this follow-up thanks from Lew Stowell, in charge of the Vermont Department of Public Safety's Emergency Radiological Emergency Response Plan Program: "If sometimes the job of being a control cell or a controller seems like a thankless job, perhaps seeing a positive improvement come out of your work will make you justifiably proud of the work that RSVP has done for us."

Green Mountain RSVP volunteers who have taken part in the drills include: Barbara Barnish, Jane Clarke, Kay Couture, Tom Finnell, Herbert Meyer, Larry McIntosh, Kathy Nowell, Bob Oeser, Peter Seares and Harry Upton. You may call Peter Seares in the Brattleboro RSVP office at 254-7515 if you are interested in taking part in these critical drills.

How to Stay Young at Heart (Reprinted from the Fall 2004 RSVP Newsletter)

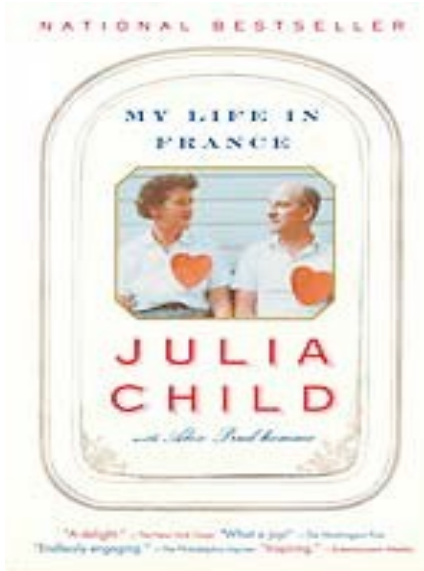
1. Throw out the nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down!
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. When you keep your mind active, you help keep it healthy.
4. Laugh often, long and loud. Enjoy the simple things.
5. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
6. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
7. Don't take guilt trips. Take a trip to the mall, around the block, to another city or around the world, but NOT to where the guilt is.
8. Tell the people you love that you love them, at every opportunity. And always remember: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Northshire Bookstore Staff Reviews



Reviewed by Cheryl Cornwell

This is a fabulous cookbook. The directions couldn't be easier to follow, or the recipes more delicious. I made the most scrumptuous pork loin roast with sage and garlic. Believe me, accompanied by diced potatoes this was one of the easiest tastiest treats I've made in a long time. By approaching cooking from the standpoint that anyone, including yourself, can be a fabulous chef, Bittman gives you the confidence to start out with rack of lamb, or a delicious salmon. The recipes in this book are well illustrated, explained, and detailed. I highly recommend it. And for all of those seasoned chefs out there, a word of caution to you -- old dogs can learn new tricks. Give this book a try and literally taste the magic!



Reviewed by Karen Thomson

What a delight! You are instantly caught up in her 'joie de vivre'. Her reminiscences truly capture the love she had for food and the precision the French bring to cooking, her life partner, Paul and of course, her beloved France. The black and white photos sprinkled throughout are a wonderful addition. Bon Appetit!!!

Julia Child was born in Pasadena, California. She graduated from Smith College and worked for American Intelligence during WWII; afterwards she lived in Paris, studied at the Cordon Bleu, and taught cooking with Simone Beck and Louisette Bartholle, with whom she wrote the first volume of *Mastering the Art of French Cooking* (1961). In 1963, Boston's WGBH launched "The French Chef" television series which made Julia Child a national celebrity, earning her the Peabody Award in 1965 and an Emmy in 1966.

In Memoriam We are saddened by the loss of these wonderful volunteers who contributed so much to the health and spirit of our community

Edward Allen

Patricia Anton

Amy Bennett

Karen "Sonny" Carmen

Eleanor Davis

Joyce Doing

Betsey Douglas

George Hathaway

Anna Moss





Left, Pat Palencsar presents Susan Wise with the Kenneth W. Costin Award for Community Service. Susan has given over 2,000 hours of volunteer service to Bennington County Meals on Wheels. On the right, Betty Kingsley accepts the John A. Creedy Award for her 4,800 volunteer hours in many, many capacities throughout her RSVP years. We congratulate you both!



Luncheon Committee: Bob Evens, Linda Husband, Linda Wilson and Lydia Balch gather to greet guests to the Windsor County Recognition Luncheon.



The Windham County Recognition Luncheon will be held on Sunday, October 4th.

Welcome New Volunteers!



Walter Bellen
Arthur H. Benedict
Greg Chilek
Greta T. Crandall
Lawrence Drasler
Gail S. Gibbons
Robert D. Gibbons
Geraldine S. Harrington
Phyllis Harrington
Anna M. Humphrey

Marjorie C. Hybels
Darwin A. Jackson
Phyllis Jakubowski
Mary Ann Klumick
Florence McFarland
Judith McGee
Eleanor Matteson
Barbara Molloy
Richard Pearce

Theresa Pierce
Dorothy C. Pradon
Esther C. Redcliff
Eileen Steinmeyer
Elaine C. Stone
Bea (Brigit) Talbot
Barbara Van Zandt
Kay Ward
Roger Wheeler



Give a Little, Get Back A Lot

Suzanne Meyers teaches a Bone Builders class in Arlington. Her class is large. Folks drive in from New York, Manchester and Shaftsbury to get some of that good energy she sends out twice a week. They work hard and laugh hard, all of which leads to a healthy lifestyle. Here are her comments regarding her class.

Testimonials run the gamut from *“feeling less achy”* to *“improved bone scans”*. *“Yesterday, I went to the doctor as a follow-up to some blood work and guess what? The numbers that should be low, got lower and those that should be high, got higher. Since nothing in my life changed except attending Bone Builders, I can safely say that’s what did it - and the doctor agrees!”* said a proud gentleman in the group. Another participant, whose various health issues severely limit her activity level, confided: *“If not for Bone builders, I wouldn’t be exercising at all! I’m so grateful for the program.”* Then there’s the woman from Shushan, NY, disabled years ago in a car accident, who drives back and forth to Arlington twice a week just to attend our class: *“I can’t believe how much my flexibility and strength improved. And even the chronic pain has diminished”*.

The stories go on and on, each affirming the physical benefits derived from attending Bone Builders. Pretty soon it also became apparent that the psycho-social aspects of the group were equally as important to its members. *“It’s not only the exercise that’s great – it’s the socialization,”* said one woman. *“I get myself out of the house, see old friends and make new ones. We talk, we laugh, we have fun and it feels terrific!”* Another participant agrees: *“It’s so much easier to exercise with others than alone. I really feel that the fellowship is very important.”*

As for me, the group’s leader...well, I’m surely the greatest beneficiary of all! In addition to enhancing my own physical well-being, I reap the rewards of knowing that I’m helping others help themselves. Once again, it’s the satisfaction that comes from “giving” and “sharing” that adds meaning and purpose to my life. Although I’ve always been in education/social services, Bones Builders is quite different because here, I’m also a *participant*, doing the exercises – whining and complaining – along with everyone else. By connecting in this way, we’ve been able to develop a close and special relationship, I believe, not otherwise possible.

Consequently, I’ve learned a great deal about our senior population (of which I am now a member) and am in constant awe of their strength, tenacity and courage. I admire their sense of humor and positive attitudes. Despite some aches, pains and various setbacks, they remain busy, active men and women who continue to learn, take risks and appreciate life. I’m honored to be in their presence, humbled by their friendship, and appreciative of all they’ve given me – which is a new confidence in my own future.

Thank you to our sponsors!



Green Mountain Community Network





Latest Bennington County Volunteer Opportunities

Guardian ad Litem – Help at-risk children navigate through the court system. Training and mileage reimbursement provided. Background check required.

Council on Aging – Senior companions needed for homebound adults who need regular contact. A small stipend and mileage is paid; help elders with bill paying – training provided.

Green Mountain Community Network – Take patients to doctor’s appointments – In and out of state. Become a Travel  Trainer - Teach elders to ride the bus - training provided.


Libraries: – Arlington, Arlington High School, North Bennington all need help shelving books and with other library duties. Bennington Museum needs help in their research library. Mark Skinner Library needs someone to deliver books to pre-schools once a month.

Bennington County Meals Program - Desperate need for drivers in Bennington, Arlington and Manchester. Please give this some thought if you have a car and some time. Brighten someone’s day by bringing them a nutritious hot lunch.

Miscellaneous:

Bone Builder Co-Instructor in new Shaftsbury class starting in October. Training provided.



Office help needed at United Way in Manchester, PAVE  in Bennington, and the Public Defenders Office in Bennington.

Green Mountain Express – Needs Travel Trainer. Help seniors ride the bus and regain independence. Training provided.

Bennington Museum – Gift shop, bulk mailing, museum docent, archival library.

Happy Go-Getters - Monthly senior lunch in Manchester - serving & cleanup.

Bart J. Ruggiere Center at Bromley looking for volunteer skiers to help disabled skiers, and for people to act as greeters and answer phones at the center.

AARP Tax Aide – Assist Elderly Vermonters with their taxes. Training is provided. Volunteers become IRS certified.

Big Brothers & Sisters – Spend the lunch hour with an elementary school student in Bennington and Manchester. You might just change the path of someone’s life.

Southwestern Vermont Medical Center – **Lobby Desk Volunteer** – transport patients to floors by wheelchair; deliver flowers & mail to rooms and give directions to visitors. **PERS Installers** (Personal Emergency Response System) Install equipment in homes and instruct clients on use. Areas include Bennington, Wilmington, Northshire and NY State. **Hospice Volunteers** – office help, companionship to patients, errands and light housekeeping. **Centers for Living and Rehabilitation** visit nursing home residents. Hospital needs **errand runners** for different departments between 11 and 2 p.m

Please call Susan Armstrong at (802) 447-1545 for further information.



Latest Windham County Volunteer Opportunities



Pick a Peck, or Even Two

Join a volunteer second-harvest team this summer and help get fresh local produce to area food shelves for families with needs. Fresh air guaranteed.

Lights, Camera, Action

Learn to use a professional video camera and then get out there as a volunteer camera person. Many local organizations would like to have their events filmed and Brattleboro Community Television has the equipment and training.

Be an Honorary Grandparent

Seniors who enjoy being with children can volunteer with the Nurturing Grandparent program. Volunteer seniors become friends, and share some time, with a young family that has no grandparent nearby.

Wanted: Brainiac

Windham Adult Learning in Brattleboro needs a volunteer tutor for a student studying higher math.



Diversify Your Office Skills

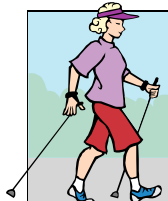
Vermont Partnership for Fairness and Diversity would like a volunteer with office skills to help staff their Brattleboro office one or two days a week.

Meal Provider

The Gathering Place adult day center in Brattleboro needs a volunteer to pick up the center's prepared noontime meal. Less than one hour a day.

Farm Hands Needed

The Windham Foundation Farm at Grafton needs a mature volunteer to work as a senior level administrator. Volunteers also needed for the library and video/media.



Help People to a Healthier Lifestyle

A healthy living project will need volunteers in September to conduct interviews and surveys about health and fitness in Windham County.

Bone Builders

Join Bone Builders as a volunteer class leader with this exercise program designed to head off osteoporosis. Training given. New opportunities opening up around Windham County.

Volunteer Companion

Hilltop House residential home in Brattleboro needs volunteers for one-on-one visits. Activities can include reading, knitting, conversation or sharing a hobby.

Call Peter Seares or Harry Upton at (802) 254-7515 for details.



Latest Windsor County Volunteer Opportunities

Reading Partners are needed for the fall in all Windsor County elementary schools (K-3). If you enjoy reading, and want to help a child foster a love of reading, become a Reading Partner one hour a week during the school year. (training provided)



Bone Builder Leaders needed in Chester, Springfield, and Windsor. Lead adults in osteoporosis prevention exercise classes one hour twice a week (free training)

Drivers for CRT (*The Current*) needed in Southern Windsor County. Drive adults to medical appointments. You can determine your schedule. (54 cents per mile reimbursement)

COVE (Community of Vermont Elders) Become a **Saavy Senior**. Provide educational performances (skits), 10-15 hours a month in a small acting group to seniors. Topics are: healthcare, identity theft, fraud and other issues. (training provided)

Mentors needed for Windsor County Partners in Windsor, and Three River Valley Business Partnership in Springfield. Spend 1-3 hours a week with a child (8-15 years) either at school or in the community. You can make a great impact on a child's life. (training provided)

Receptionist, Greeter needed in Woodstock at the Thompson Senior Center. Enjoy meeting and greeting people, as well as answering the phone two or more hours a week. (training provided)

Knitting/Crocheting Instructor needed at the Gill Home in Ludlow. Share your knitting and/or crocheting expertise to residents who want to learn, one hour a week.

Friendly Visiting needed at all Windsor County continuing care facilities

Drivers for Meals on Wheels in Springfield /Chester area needed (mileage reimbursement available)



Project Linus volunteers needed to make quilts, fleece blankets, or afghans for children who need warmth and comfort while in the hospital.

Library Assistance needed at the Hartland Public Library, the Cavendish Fletcher Community library, and the Windsor Public Library

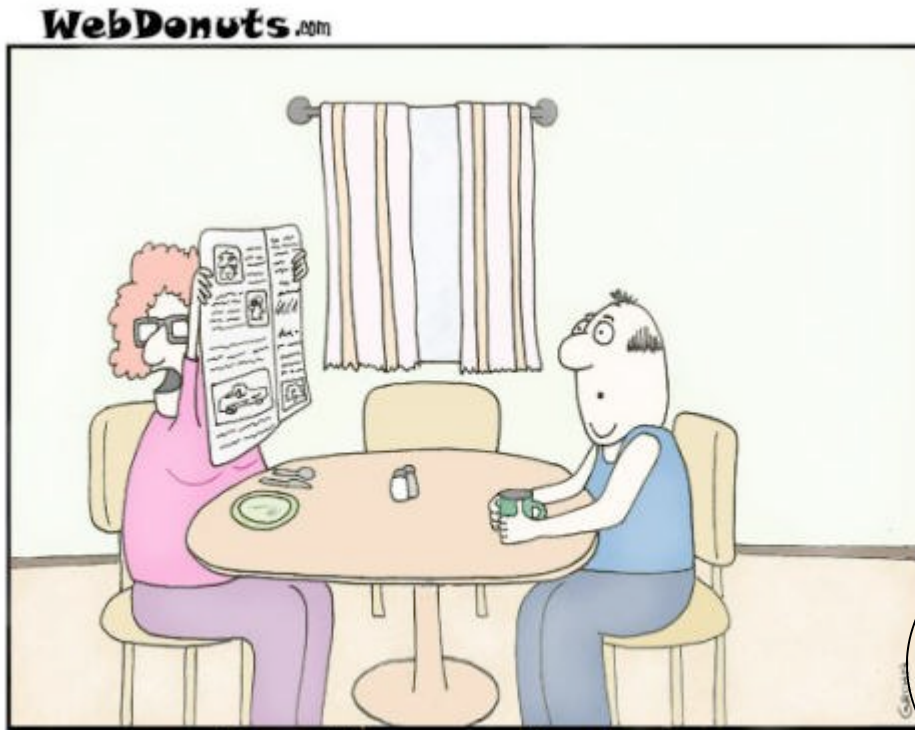
For more information, please contact Linda Husband at (802) 885-2083.



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**Printing Courtesy of the Chittenden Bank
A Division of People's United Bank**



You could just get reading glasses.

A special “thank you” goes out to the RSVP Bulk Mailers in Bennington, without whose help we could never get this newsletter into your hands. They collated, folded, labeled and taped 1,400 pieces quickly and efficiently for your reading pleasure. We love your nimble fingers, Fran Hunt, Rachael Kinney, Dorothy Bourgeois, Vi Meyers, Mary Hall, Ida Snow and Flo McFarland!

It's just not easy to read the RSVP Newsletter with-