

FROM PAT'S DESK...



Welcome to another new year - 2011. When I began working for RSVP in 1999, I don't think it ever occurred to me that I would still be here 12 years later, but who knew what an amazing work experience it would be. I'm so grateful to be doing a job that creates nothing but good outcomes. We don't pollute the atmosphere or produce a harmful product. What we do produce are smiles, thank yous, and good feelings, which the world needs more of every day.

My last desk notes were written in the middle of summer, and now we're heading towards the middle of winter. I can't help but mention the weather each time I sit down to compose

this piece. In Vermont it's all about the weather, all the time - closing up the garden, putting away the deck furniture, hanging up the winter wreaths and lighting the fire. Before we know it, Ground Hog Day will be here and slowly but surely the days will begin to grow longer. I always look forward to that.

So, what have we been up to? Linda in Springfield is working on the TeleCare Program - recruiting volunteers who will be calling homebound people and planning a training session for them. It will be good to get everything started with a volunteer in place and a person to call so that we can measure the impact of friendly phone calls to those living alone. The Brattleboro and Bennington offices are also looking for volunteers who are interested in being callers. It's a simple assignment, but one that can make a huge difference in someone's life.

Peter, in Brattleboro, has been busy recruiting volunteers for various projects in Windham County. He's led Bone Builder leader training sessions for new classes that are opening in Windsor County. Bone Builder classes continue to grow and prosper and the comments from participants never cease to amaze me. Each year we send out surveys to the participants of the 33 Bone Builder

classes in Southern Vermont. Here's a comment from a woman who suffered many falls from lack of balance before she started to attend the BB classes, "We have a large group who come regularly. We are all friends and enjoy this class. We feel as if we were a family. If we had to pay for this, many (including me) would not be able to afford it. So we say, 'God bless RSVP.'"

In the Bennington office, it's all about Stuff the Bus, which will take place in January. See the story on page 6.

Good wishes to all for a healthy and prosperous 2011.



Brownsville BB leaders, Mary Dalton, Sue Ober and Nancy Ross proudly display their special BB T-shirts at the Bone Builder leader refresher course held in Ascutney this fall.



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Fabulous display of volunteers' knitting and crocheting at the Brattleboro Recognition Luncheon in October. See story on pg. 8.



Windsor County Bone Builders leaders at November refresher training course in Ascutney.



SPOTLIGHT ON WINDSOR COUNTY VOLUNTEER PETER LABELLE

Peter LaBelle, a Cavendish resident, has been an RSVP volunteer for the past 5 years. In that time he has given hundreds of service hours to community efforts. Peter was born in Massachusetts, and lived in many places before retiring with his wife, Nancy, to Vermont from his 34 year career as an attorney for the Federal Government. He has chosen to be a true servant of his community. Although he serves as the Cavendish Town Auditor, he spends most of his time volunteering. Peter's selfless volunteerism has been such a positive force in every project he undertakes. He has been a steward of the Public Lands, keeping Ascutney Mountain trails clean for the Vermont Department of Forests, Parks, and Recreation. He also serves on the Board of Directors of the Cavendish Community and Conservation Association, the Cavendish Community Fund, and the Cavendish Town Energy Committee, as well as being a Board member for the Black River Good Neighbors in Ludlow. He wears many hats in each of these organizations, as he tirelessly works on a myriad of projects so that his community will be a better place. Four years ago, Pete and one other person actually created the Cavendish Community Fund (an off shoot of the Cavendish Community & Conservation Association). This fund gives grants to local organizations that will promote educational and cultural programs in the town of Cavendish. Last year over 20 programs received funding under this initiative! His volunteer work on the Cavendish Town Energy Committee has helped win a \$50,000 grant to renovate the Cavendish Town Offices, so that they could become more energy efficient. As a Board member for Black River Good Neighbors, an agency that serves families in Cavendish, Ludlow, Plymouth, and Mount Holly, Pete has been instrumental in fund raising, especially through the popular twice a year rummage sales, and in helping with an upcoming move to a larger space become realized. He played a major role in procuring huge donations of shelving and furniture from UVM and Hannaford's stores for the new site. Peter will become Board President of BRGN next year. Peter is a true team player whose only interest is to promote community well being. He has an incredibly strong volunteer work ethic and is totally dedicated to serving others. RSVP is so proud to have Peter LaBelle as a volunteer.

PAM'S PAGE



Broccoli Cheese Soup From Wanda Eubank

This is the recipe of my friend Barbara Rupert from Johnson City, TN. It is "souper"!

1 10 oz. box frozen chopped broccoli

3 tablespoons margarine

¼ onion finely chopped

¼ cup flour

1 (16 oz) carton half and half (alternatives: fat-free half and half, evaporated milk, evaporated skim milk [this is what I use])

1 (14 oz) can chicken broth

½ teaspoon salt

¼ teaspoon pepper (I use white pepper)

1/8 teaspoon cayenne pepper (don't overdo this unless you really like "zip")

½ teaspoon summer savory (health-food stores [or Amish markets] will have this if your grocer does not). Don't leave this out; it's what helps to give this a distinctive flavor.

½ pound of mild Mexican Velveeta cheese cubed (Vermonters may have to try a Super Walmart to find this).

Punch several holes in the box of chopped broccoli (be sure to remove the wrapper if it is aluminumized). Microwave for 3 ½ minutes; turn over and microwave another 3 ½ minutes. Leave in microwave until needed.

In a large saucepan, sauté the onion with margarine; do not brown. Add flour stirring constantly, and then gradually add chicken broth, milk and seasonings. Stirring constantly, heat until mixture has thickened slightly. ***Do not let this come to a boil.***

Add cubed cheese and heat while stirring until cheese is melted. Add cooked broccoli. Serve hot. Serves 4-6.

Like most soups this ages well, but will be hard to reheat unless you are watching and stirring to prevent sticking.

ENJOY! This is quick to make and very, very good. I like to serve toasted /Garlic French bread with this.

Autumn Fruit Punch Wanda Eubank (from Southern Living)

1 quart apple juice or cider

1 cup pineapple juice

1 cup orange juice

½ cup lemon juice

Mix all and keep refrigerated. Very (VERY) refreshing.

A Good Night's Sleep

Ever since he retired, Edward dreads going to bed at night. He's afraid that when he turns off his light, he will just lie there with his eyes open and his mind racing. "How can I break this cycle?" he asks. "I'm so tired—I need to get some sleep."

Just like Edward, you want a good night's rest. Getting enough sleep helps you stay healthy and alert. But many older people don't sleep well. If you're always sleepy, it may be time to see a doctor. You shouldn't wake up every day feeling tired.

Sleep and Aging

Older adults need about the same amount of sleep as young adults—7 to 9 hours each night. But seniors tend to go to sleep earlier and get up earlier than when they were younger. Older people may nap more during the day, which can sometimes make it hard to fall asleep at night. There are two kinds of sleep—REM (rapid eye movement) sleep and non-REM sleep. We dream mostly during REM sleep and have the deepest sleep during non-REM sleep. As people get older, they spend less time in deep sleep, which may be why older people are often light sleepers.

Sleep Problems

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Napping during the day can disrupt sleep at night. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may:

- Be irritable
- Have memory problems or be forgetful
- Feel depressed
- Have more falls or accidents
- Feel very sleepy during the day

Getting a Good Night's Sleep

Being older doesn't mean you have to feel tired all the time. There are many things you can do to help you get a good night's sleep. Here are some ideas:

- Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends. Try to avoid napping in the late afternoon or evening, as it may keep you awake at night.
- Develop a bedtime routine. Take time to relax before bedtime each night. Some people watch television, read a book, listen to soothing music, or soak in a warm bath
- Keep your bedroom dark, not too hot or too cold, and as quiet as possible.
- Have a comfortable mattress, a pillow you like, and enough blankets for the season.
- Exercise at regular times each day but not within 3 hours of your bedtime.
- Make an effort to get outside in the sunlight each day.
- Be careful about when and how much you eat. Large meals close to bedtime may keep you awake, but a light snack in the evening can help you get a good night's sleep.
- Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and hot chocolate) can keep you awake.
- Drink fewer beverages in the evening. Waking up to go to the bathroom and turning on a bright light break up your sleep.

Sleep continued

- Keep a telephone with emergency phone numbers by your bed.
- Have a good lamp within reach that turns on easily.
- Put a glass of water next to the bed in case you wake up thirsty.
- Use nightlights in the bathroom and hall.
- Don't smoke, especially in bed.
- Remove area rugs so you won't trip if you get out of bed in the middle of the night.
- Don't fall asleep with a heating pad on; it may burn.

Sweet Dreams

There are some tricks to help you fall asleep. You don't really have to count sheep—but you could try counting slowly to 100. Some people find that playing mental games makes them sleepy. For example, tell yourself it's 5 minutes before you have to get up, and you're just trying to get a few extra winks. Other people find that relaxing their body puts them to sleep. You might start by telling yourself that your toes feel light as feathers and then work your way up the rest of the body saying the same words. You may drift off to sleep before getting to the top of your head. If you feel tired and unable to do your activities for more than 2 or 3 weeks, you may have a sleep problem. Talk to your doctor about changes you can make to get a better night's sleep.

This article was re-printed from the National Institute of Health Senior Health Website.



RSVP Volunteer Helps Migrant Workers Learn English

A few months into retirement, I started looking to do something helpful that might draw on my 30 years of living abroad, much of it in Central and South America, working in publishing sales and teaching, during which I'd learned pretty good Spanish.

I read about RSVP in The Brattleboro Reformer and made an appointment with Peter Seares. He suggested that with more than 2,000 migrant and largely Spanish-speaking farm workers in Vermont, there might be opportunities for English-language instruction and other help to people living a long way from home and feeling isolated from the larger community.

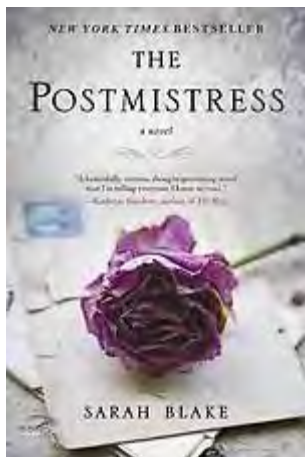
Peter started contacting appropriate agencies, including the University of Vermont Extension's Migrant Workers program. This led us to Mandy Park, who coordinates English language services to the migrant community. Mandy knew of two men working on a farm in Windham County who wanted to improve their English. She sent along some instructional materials to help get the ball rolling.

That was almost two months ago. Since then I've been meeting with Ignacio and Gonzalo twice weekly on their farm at the end of their workday. My being able to speak Spanish helps us through the rough spots. But since I've not used Spanish daily for a long time, that "help" is sometimes a mixed bag. We usually start off with a little conversation that includes explanation of slang and idiomatic expressions, and then we practice using them. We follow that by reading an article from the local paper, more discussion, explanation and practice, then some pronunciation geared to understanding English as people actually speak it. For example, when someone asks "did you eat yet?" it may come out sounding more like "jeet yet?"

Ignacio and Gonzalo are single, in their early 20's and from the Gulf coast of Mexico. Each sends home most of what he earns. They've been in Vermont three years, and plan on going back home sometime next year. Both guys are eager to learn, but one is more willing to take chances with what English he knows. At our first meeting, I tried to convince them that learning a language required a willingness to "look stupid" by risking mistakes. Both nodded politely, but looked unconvinced. Then we discussed, in English and Spanish, a minor injury to Ignacio's foot. I said in Spanish, "Well, at least you didn't break the bear." I'd confused "oso" (bear) for "hueso" (bone). Point made.

John Moriarty
GMRSPV Volunteer

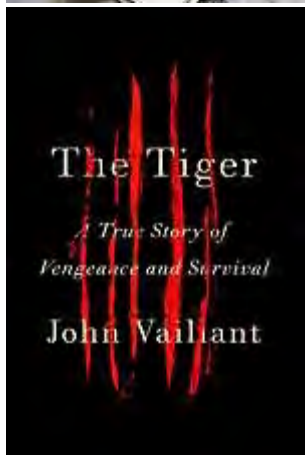
Northshire Bookstore



Reviewed by Liz Barnum

The Post Mistress, by Sarah Blake, is set in a small Cape Cod town during World War II. It tells the stories of three very different women - their loves, fates, and chance meetings. These ingredients make this a book to savor. It is a deeply emotional story and one that you will not want to put down.

Liz also liked AGAAT written by Marlene Van Niekerk and Bloodroot by Amy Greene.



The Tiger, A True Story of Vengeance and Survival reviewed by Nancy Scheemaker

Hard to believe that in the age of Facebook, cell phones and e-readers that we are lucky enough to have pockets of the earth's surface that still possess a significant degree of raw natural madness and magic. The Tiger, A True Story of Vengeance and Survival, is a book to grow on for sure. Not just a book about a Tiger gone rogue; not just a book about our human collision course with nature - this is one of those books that raises an entire sidebar of philosophical questions about our precious ecological systems and how our interpretations, our reactions, are so very critical now.

Alden graves adds: Jaws with claws and unnerving penchant for settling old scores. A small village in a remote part of Russia is terrorized by a rogue, man-eating Amir tiger. A fascinating mixture of history and sociology is woven around the hunt for the animal. You will never look at a tiger in quite the same way again.

Stuff the Bus Gears up For Another Fantastic Food Drive

The Bennington office is gearing up for this year's Stuff the Bus campaign. Although not everything is totally confirmed as we go to press, the idea is to hold the event for two days this year, with the plan of doubling the amount of food donations from last year's 2,500 lbs. The collecting of food and paper products (diapers, toilet paper, etc.) will take place on Friday and Saturday, January 14th and 15th at Price Chopper, and the distribution to the soup kitchens and food shelves will be on Martin Luther King Day, January 17th. Please call the Bennington office (447-1545) if you would like to volunteer for this event.

Remembering our departed and beloved volunteers...

Alice Bliss
Alice Brunelle
Frank DeVito
Ruby Hosford
Mary Kagey
Helen Kohout
Louise McSherry

Ruth McWayne
Charlotte Norse
Marguerite Powers
Jerua Prouty
Lillian Reynolds
Burt Roberts
Kay Ward

In memory of Fred Riccio
from Christine & Robert
Riccio

In honor of Jerry Prouty
from Alta E. Barber

Pat Ogilvie in memory of
Heather and Jack Ogilvie.



Letters to the Editor..

Would it be possible for me to make some reading suggestions for the book reviews? I love to read and have a lot of good titles to share with you. L.S. Bennington
 By all means, L.S. Please send them in. Thanks.
 Dear Readers - Don't forget to send us your thoughts and ideas. Do you enjoy the book reviews?
 Are there other subjects you would like to see covered? We love hearing from you!

Congrats to the 20 Year Pin Recipients from Windham Co!

- Phyllis Anderson
- Beatrice Fisher
- Ruth Gates
- Elizabeth Haggerty
- Hugh Haggerty
- Wilma Higgins
- Helen Kohout
- Mildred Maloskie
- Dorothy Rice
- Burt Roberts



Accolades

Dear Bennington Mailers-
 Please know how grateful we are for your service to the community. You are so helpful and always wear a smile while giving freely of your time. Thank you so much.

Nancy Feinberg
 PAVE

Linda,
 These RSVP Bone Builder leader refresher classes are great for expanding and honing our leadership skills. Thank you.

Lois Severance

To Green Mountain RSVP-
 On Behalf of the Wilmington Selectboard, I would like to acknowledge RSVP, its staff and volunteers, for their hard work, dedication, and the vital services that are provided to all of the individuals and families in our town who benefit from those services.

Kenneth March
 Interim Town Manager, Wilmington

Linda,
 Please extend to all the wonderful ladies that help with our mailings my gratitude for their amazing service. I so enjoy my time with them and look forward to February and our next session! Best wishes to one and all for peaceful, joyous and Happy Holidays from all the 2 & 4 legged critters at Springfield Humane Society.

Tom Browe, Executive Director
 Springfield Humane Society

Welcome New Volunteers



- Antoinette Bement
- Joyce El Brenner
- William P. Brooks
- Mary Butera
- Wayne Cassidy
- Nancy Lee Clark
- Norman D. Corliss
- Eric R. Crone
- Edna Curran
- Judy Davis
- Josephine C. Domenici
- Patricia Eastman
- Auberta Galusha
- Mary Goble
- Ronald Greene

- Carol Hastings
- Michael D. Hayes, Sr.
- Eileen P. Hongisto
- Lenora Howe
- Diana Inglese
- Kimmie Johnston
- Bill Kelly
- Patricia I. King
- Erika Kornbluth
- Charlotte Kuzmeskus
- Mary Landon
- Peg Lopata
- Vicki Mastroianni
- David E. Melendy
- Jane Moore
- Kathryn G. Moore
- Robert Mulligan

- Welthy Myers
- Sandra Sprague Neal
- Lynette A. Novick
- Crystal L. Pacher
- Lorrie Peloquin
- Elizabeth Petras
- Rhea Rhodes
- Maria Sheldon
- Pamela Simmons
- Audrey A. Stone
- Carmen Summarsell
- Irene Therieau
- Ruth M. Tilghman
- Shelley P. Vander Wende
- Lene Von Fisker-Bennett
- Tyler K. Young



Thank you to our sponsors!

Peter,

We have just completed our seventh week of Seniors for Schools at the Townshend Elementary School. I say "we" as this has been a collaborative effort on the part of the teacher, students, principal and me.

I am particularly pleased with the receptivity of the students. While the focus, and the very intent of the program, is to work with the more challenged readers, we make these sessions as inclusive as time permits.

There has been considerable progress made in this short time as evidenced by the students' reading ability. While the "one on one" reading time has certainly contributed to this, I must credit their wonderfully talented teacher, Barbara Bedortha, for bringing this process along. The students adore their "Ms.B".

Overall, this school, located in the heart of their community, provides an excellent learning environment. And Peter, my compliments and thanks to Linda Husband and Susan Armstrong for the comprehensive training session I attended to better prepare myself for this program.

Best regards,
Bob Mulligan

You too, can experience the thrill of watching young students grasp the skill of reading for the first time by joining Seniors for Schools or RSVP Reads. Our education system is in crisis. Become a part of the solution!



Pat and Susan pack up the handmade items to deliver throughout Bennington County.

RSVP Crafters Blanket Southern Vermont with Winter Warmth!

Southern Vermonters will be warmer this winter thanks to the knitters and crocheters from Green Mountain RSVP. In Bennington, Windham and Windsor counties, 65 volunteers put their needles together and contributed 26,535 hours making beautiful handmade items that will be distributed during to holiday season. In Windham County, distribution will be handled by the Reformer Christmas Stocking. In Bennington and Windsor Counties, items will be delivered directly to schools, nursing homes, homeless shelters, cancer centers and animal shelters.

We all know how precious hand work is, and to think, these volunteers work so hard for people they don't even know. Imagine the thrill of receiving a gorgeous handmade quilt, afghan or sweater, or hat and scarf set. Even orphaned kitties can sit on handmade cat cozies while they wait for their new homes.

Crafters, for all the work you do, we thank you from the bottom of our hearts!

WKVT Auction Successful, Thanks to RSVP Volunteers

Windham GMRSVP volunteers pitched in to make the annual Brattleboro WKVT radio fund-raising auction for The Epilepsy foundation a success. Six RSVP volunteers, working out of the Peoples Bank communications center on Putney Road, fielded the steady stream of phone calls, recorded bids, forwarded messages and kept the evening moving.

John Moriarty reported in an hour early to help with setup; Tom Finnel gave rides to those volunteers who needed transport, and Chuck Crowther stayed to see the whole project wrapped up.

RSVP volunteer Jo Butts took the last call of the evening, and received the evening's highest bid -- \$900 for a stay at a Vermont ski condo. "It was a great way to end the evening," said a delighted Jo.. "These auctions are addictive," said Tom, who evidently had a good time.

The foundation's Executive Director, Audrey Butler, said in a phone call the next morning: "You (RSVP) are wonderful to work with. I was short-handed in volunteers, but because of you I wasn't. Thank you all so much. The evening was a great success."

Also volunteering were Alice Thomas and Justine Trowbridge. Mary Lamoureux in the Brattleboro office received special thanks for pulling the team together with less than a week's notice.

Green Mountain RSVP's Advisory Council



Pictured from the left are Advisory Council members Suzanne Meyers, Nina Fersen, Wendy Woods, Wanda Eubank, and Sandy Bosna. Missing is Bob Evens.

Four times a year a special group of volunteers gather together to discuss the current activities at Green Mountain RSVP and to share ideas that might enhance the organization's success. They discuss RSVP's ability to meet the community's critical needs, how to maintain visibility and set priorities, how to evaluate accomplishments and support the director through program development and volunteer recruitment.

The purpose of RSVP is to engage persons 55 years of age and older in volunteer service to meet critical community needs and to provide a high quality experience

that will enrich the lives of volunteers. It is the work of the Advisory Council to make sure that these goals are met. If you are interested in becoming a member of this Council, please call your local office to let us know.

Last month's meeting was graciously hosted by Wanda Eubank at her home in Andover. She made a wonderful cheese and broccoli soup, the recipe for which appears on Pam's Page in this newsletter.

The Bridge Story

The town of Brattleboro recently decided it would name its new road bridge in honor of a local citizen, and invited nominations. Peter Seares from the Brattleboro office sent in this nomination-

"I have pleasure in proposing that the new bridge connecting Western Avenue and Memorial Park be named for Dora Ferrante. Honoring Dora in this manner would be recognizing the extraordinary volunteer services she has given to the wellbeing of children in our town.

"For the past 15 years, Dora has volunteered as much as 40 hours a week at the Winston Prouty (Children's) Learning Center, doing any job that needs doing, including making the children's lunches, befriending them, and being a grandmotherly presence. She provides staff with support, and makes each staff member a cake on their birthday. She is a beloved figure at the school, and the school's proximity to the new bridge lends appropriateness. Dora is a Green Mountain RSVP Volunteer and was placed at the school by RSVP in February of 1996. She has served as a volunteer there ever since.

"On my commute along Western Avenue each morning, I watch many children making their daily journeys to schools, preschools, Memorial Park, the Bonneyvale Center and other destinations. The children travel by various means -- in caravans of strollers, pets, parents and babysitters; pulled along in bicycle trailers; and piled into buses, cars and vans. West Brattleboro is a neighborhood that serves and celebrates children.

As the select board takes up the naming of the new bridge, I invite its members to picture for a moment the image of children for generations to come passing or crossing the bridge and asking, "Who is Dora Ferrante?" The answer would be: "Dora Ferrante was a woman who loved children. For many, many years, as a volunteer at the Winston Prouty Learning Center, very near this bridge, Dora worked full time and without pay to care and provide for them.

"Dora is a Brattleboro hero, and her work and sacrifice would be receiving due recognition and honor in naming the new bridge The Dora Ferrante Bridge."

The school's parent advocate, Joanne Shaw, added: "At age 86, Dora is still helping five days a week. Every child that enters the building says "Hi Dora" or "Dowa" (as language permits) and is greeted in return with a smile or a hug and a big hello! I feel Dora is an unsung hero and she would be honored by naming the bridge after her."

Outcome: the select board said it received more than 20 nominations, couldn't decide on one, and so named the bridge "Citizens Bridge". To some of us, it will remain the Dora Ferrante Bridge.

What to do With Old Prescription Drugs

Prescription drugs, especially controlled substances, such as Demerol, OxyContin, and Percocet are often the target of thieves and others interested in diverting such drugs to the black market for money. In fact, many drugs have value on the illicit market. Knowing how to properly dispose of unused drugs is important in keeping that diversion from happening.

Most medicine cabinets contain unused prescription drugs. Most householders have them and don't know how to properly dispose of them. Seniors are both more likely to use prescription drugs and more vulnerable. Did you know that the federal government has guidelines for throwing out prescription drugs that may help curb drug abuse, accidental overdose, and protect U.S. water sources? Guidelines recommend:

- Remove drugs from original container. By removing unwanted, unused, or expired medicine from its original container, you are ensuring that medicine will not fall in the wrong hands. Orange prescription bottles are easily recognizable and can be stolen from garbage cans and landfills. Mix drugs with undesirable refuse and throw in garbage. Guidelines suggest mixing medications with items like used coffee grinds or cat litter and placing them in a sealed bag, empty can, or jar. Throw container in trash can. This extra step can prevent accidental overdose by children and pets and also possible drug theft.
- Take drugs to pharmacy for safe disposal. Many pharmacies accept unwanted prescription drugs for safe disposal. If not, call your local health department or hospital pharmacy and ask if they will accept your medicine. Do not flush old prescription drugs down the toilet. Unless otherwise stated on the label or in the drug information pamphlet given to you by your pharmacist, do not flush unwanted prescription medication down the toilet. The Environmental Protection Agency (EPA) is currently researching how prescription drugs affect U.S. waterways.
- "Take-back" programs—in which unused drugs are collected for disposal by pharmacies, community organizations, or government groups—are starting to pop up throughout the United States, though they're often expensive to operate. A law enforcement officer must supervise the collection sites if "controlled substances" (such as Ambien, Vicodin, and codeine) are involved. To see if there's a facility in your area, search the database at Earth911.com for "unwanted or expired medications." Sharps Compliance, a Houston-based medical waste company, also operates a mail-in program for unused medications. Drugs collected through take-back programs are generally incinerated.

Vermont Associates for Training & Development, Inc.

Vermont Associates for Training & Development, Inc. is a statewide nonprofit organization founded in 1983. There are offices in Bennington, Brattleboro and Springfield that administer a variety of training and employment programs including the Senior Community Service Employment Program (SCSEP).

The mission of Vermont Associates and SCSEP is to help transition older workers back into the workforce in either part of full-time employment. To accomplish this, Vermont Associates partners with other nonprofits and public sector agencies to provide trainees with part-time workplace experience internships. By providing a much-needed community service, trainees, in return, gain essential job skills and training to better their prospects for getting unsubsidized employment in today's ever-changing labor market.

Simply put, Vermont Associates is Vermont's "**Best Kept Secret.**" If you are age 55 or older, unemployed and meet certain income guidelines, Vermont Associates may have an opportunity for you to "**Intern to Learn and Earn.**"

If you are interested in learning more about Vermont Associates, its training programs and its employment services, please contact Pam Seegraber, Training & Employment Coordinator, at (802) 885-1431 or email her at pseegraber@vermontassociates.org.

Older workers are important to the development of a diverse workforce, which helps in service a diverse customer base that includes many older people. Mature workers serve as role models for younger people and excel in such areas as customer service. Some top qualities of older workers are: Superior work ethic, loyalty to an employer, maturity in the workplace, flexible schedule and eagerness to learn new technologies.



Tri-county Volunteer Opportunities

AARP Tax Aid Program - Training will begin soon for those volunteers who might be interested in assisting people to prepare their taxes.

Green Mountain RSVP Reads and Seniors for Schools - Looking for volunteers to share their love of reading with children who are just learning to read. Getting a good reading foundation is the beginning of a successful career throughout the remainder of the school years.




Project Linus - Crochet, knit or quilt blankets for young children who are in the hospital. These blankets offer comfort and cheer during a long hospital stay.

ConKerr Cancer - Sew colorful pillow cases for children with cancer to brighten up their days during recovery.

TeleCare - Place a caring call several times a week to someone who is homebound so that they will feel less alone with the knowledge that someone is thinking of them.

Bone Builder Leader - If you would like to start a Bone Builder class, let us  know. We'll get you trained, order the weights and find a free place to hold your class.

Volunteer Driver  Use your own vehicle to drive people to their doctor's appointments through CRT in Windham and Windsor Counties and Green Mountain Express in Bennington County. Mileage paid.

Knit and Crochet for local schools, nursing homes, hospitals - wherever there is a need.

Brattleboro Memorial Hospital, Springfield Hospital, and Southwestern Vermont Medical Center - All need volunteers to greet visitors and give directions, work in the gift shops, the pharmacies, as mailers, clerical workers, and at the Adult Day Services in Springfield.

Savvy Seniors - Form an acting troop to do skits for elders about Medicare and Medicaid fraud, elder abuse and consumer fraud. The skits are pre-written and audiences give rave reviews.

Windsor County

Windsor County Partners needs mentors, Board of Directors members and the following committee members: Finance Committee, Development Committee, Publicity Committee, and Recruitment Committee.

The Goodwill Good Guides Mentoring program, needs mentors for youth ages 13-17 in Springfield, Vermont.

LPC TV in Ludlow needs video production volunteers, a website manager, and administrative support.

Windham County

Skills the Windham office has recently been asked for: Hairdresser to help with drama production at Leland and Gray Union High School; angler to take McGirr Nursing Home resident on fishing trips; seventh grade math tutor for Hilltop Montessori.

In the run-up to The Brattleboro Women's Film Festival next March, volunteers needed to help with publicity, fundraising, special events and committee work. The nationally-recognized event supports The Women's Freedom Center.

Bennington County

Southshire Patnrnership for a Healthy Community needs a volunteer to attend their meetings and take minutes, as well as someone who can put together PSAs for public access TV about their work.

VT Assoc. for the Blind and Visually Impaired is looking for volunteers to drive clients to a support group and doctors appointments.

Bennington Project Independence needs afternoon greeters and morning coffee volunteers.

Equinox Terrace would like friendly visitors, crafts people, pet visitors, and readers.

Southern Vermont Art Center needs volunteers to help them continue to provide visual and performing arts to the region for the upcoming season.

The American Museum of Fly Fishing is in need or volunteers to help with front desk duties and the office.



215 Pleasant Street
Bennington, VT 05201

Non-Profit org.
Bulk Rate
U.S. Postal
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Permit No. 153

Thank you!

We sincerely thank the RSVP volunteer mailing crew that puts together this newsletter three times per year. We couldn't do it without you - Doris Bourgeois, Rachael Kinney, Vi Myers, Mary Hall, Fran Hunt, Josie Shepard and Ida Snow.



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