



RSVP Update

RSVP of Chemung County, 911 Stowell St., Elmira, NY 14901

Phone: 607-734-4161 Fax: 607-734-4166

www.rsvpofchemung.org

December 2011/January 2012

Issue 171

From the Director's Chair

Volunteer Recognition Moving to April
Mark your calendars! If you contributed at least 25 hours in 2011 we'll be inviting you to our 39th annual volunteer recognition event. This year we'll gather during National Volunteer Week, a time when volunteers across the country receive accolades. Our program will be held on Tuesday, April 17th from 1 to 3 PM at the Horseheads Elks Club. We'll have more details in the next newsletter, but set aside the date.

We Need Your Feedback

Please take a moment to fill out our 2011 Volunteer Survey. We use this information as part of our continuous quality improvement to ensure that RSVP is responsive to community needs

Annual
Survey
Inside
This Issue!

while being sensitive to those of our participants. You do not have to provide your name on the form, as we tabulate results in their entirety. We will include the results in a future newsletter.

Speaking of Calendars

As we told you in our last newsletter, we are no longer mailing the RSVP calendar.

We have them at the office and started distributing them in October.

We continue to receive funding cuts, so we had to forego mailing them with the newsletter.

Please stop by and we'll be happy to give you one!



Got Orientation?

RSVP conducts an orientation for new volunteers at 9:30 AM the last Tuesday of each month, but the educational sessions are open to anyone. Following a unique icebreaker, attendees learn about our history in the community, our diverse funding sources, and why we especially promote our many impact areas when managing new and existing volunteers. **If you'd like to sit in on an orientation, just give us a call at 734-4161. We'll have the morning beverages ready for you.**

Hello 2012

We've been reminding all of you for whom we have an email address that, beginning in February, you will receive your newsletter electronically. You will find that this full-color version is attractive, and you won't have to worry about misplacing it! The current issue is always available on our website www.rsvpofchemung.org.

Goodbye 2011

Funding cuts made this a difficult year for us – and for many of our partner organizations. We remain committed to our mission and to providing the one-on-one service you deserve and appreciate. **The community is better because of you, and it's our pleasure to be in a position to help you help others. Have a wonderful holiday season, and we'll reconnect in 2012!**

Until next time... **Carol**

Reminders

RSVP office hours are
Monday-Friday, 8 am – 4 pm.
Stop in to see us!

We will be closed
December 23 & 26
and
December 30 and
January 2
and Martin Luther King Jr. Day
January 16

We will not be providing
transportation to volunteers
on those days.

Note: The office will be closed and
no transportation provided on
Thursday, Dec. 15
between 11:45am and 2:15pm.

How to Contact Your Federal & State Representatives:

FEDERAL

Congressman Tom Reed
89 W. Market St.,
Corning, NY 14830
607-654-7566

Senator Charles Schumer
15 Henry St. Room M103,
Binghamton, NY 13901
607-772-6792

Senator Kirsten Gillibrand
478 Russell, Washington, DC 20510
202-224-4451

STATE

Senator Tom O'Mara
333 E. Water St. 3rd Floor
Suite 301, Elmira, NY 14901
607-735-9671

Assemblyman Chris Friend
PO Box 441, Big Flats, NY 14814
607-562-3602

Got email?

Changes are coming.
We will be
E-mailing
the RSVP Update
newsletter
beginning with the
FEB./MARCH
edition

to volunteers who have given us
their e-mail addresses.

The newsletter will still be sent by
US Mail to those who don't have
email. Additionally, RSVP Update
is posted on our website,
www.rsvpofchemung.org.

What Volunteering Means to Me

*"It gives me something to do. I
meet new people and I enjoy
helping them. I've gotten more
thank you notes!"*

~ Laura McMahon

*"I have been volunteering my
whole life. Volunteering gives
me the opportunity to share
what I have experienced and
what has been rewarding,
meaningful and joyful in my life
to help contribute to the well-
being of others."*

~ John Valk

Contributions

For RSVP:
James Arey

For SOS PROGRAM:
Sara Hurley

For TRANSPORTATION:
Ellen Batrowny
Gloria Maxson
Marilyn Welles

For RIDE PROGRAM:
Robert & Edna Cook
Kathryn Muccigrosso
Richard Rooman
Norma Searles

For BONE BUILDERS
Dozens of participants
have made an annual dona-
tion of \$10.00, a new request
from RSVP to help sustain
the program.

Way to go! 882 RSVP
volunteers donated
110,425 hours

so far during 2011 in
Chemung County
through October

Free 2012 Calendars
Norman Rockwell Calendars are still
available weekdays at the RSVP
office. To save mailing and return-
postage fees, we will not be mailing
the calendars this year.

Welcome New Volunteers

Lynn Brickman
Vonda Cook
Rosalie Misuraca
Madeline Moretz
Richard Seely
Nina Swartwood
Norm Ward
Bernard Youngs

Undetermined
Meals on Wheels
Food Service
Tutor/Literacy
SOS/Ramp
Arnot Ogden Medical Center
ARC/MOW/Tanglewood
St. Joseph's Hospital

Here are some of the December and January Volunteer Opportunities

MOPS (Mothers of Preschoolers)

MOPS of Elmira are looking for volunteers to help with the children while the mothers meet. If you enjoy playing and crafts, this one is for you.

UNITED WAY of the SOUTHERN TIER CA\$H Program

CA\$H (creating assets, savings & hope) is in need of volunteer tax preparers. Multiple locations to choose from with day or evening hours available. Basic math skills required. Help low-income families access the tax credits they deserve. Training is provided.

EOP/ERNIE DAVIS COMMUNITY CENTER

The Kids Café is looking for volunteers every afternoon to help serve middle school age kids a nutritious hot meal. This could be a lot of fun!

THE SENIOR CENTER

One hour, one day per week is all it takes for this volunteer opportunity. The Senior Center in Elmira is looking for a volunteer Brain Stretcher trainer. Brain Stretcher classes help you to think in a different way with a variety of brain “workouts.” Help yourself while helping others. Training is provided.

LOWMAN FOOD PANTRY

The Lowman Food Pantry is in need of volunteers twice a month to help with loading food into vehicles. Heavy lifting is required.

FAMILY SERVICES

Circle of Friends - Volunteers are matched one on one with a child in the Elmira City School District to have lunch, play a game or sit and talk twice a month.

Compeer - Volunteers are matched one on one with an adult who is in need of friendship. A trip to the mall, out to the movies or lunch, or to just sit and talk. Get involved in these rewarding opportunities.

TANGLEWOOD NATURE CENTER

Volunteer opportunities at Tanglewood include: trail guides & maintenance, educators & museum guides, clerical and janitorial volunteers. If you like nature, this one could be for you.

CHEMUNG ARC

Help is needed during the lunch hour assisting clients with trays, using the microwave and clean up. Lunch will be provided for all volunteers. Donate a little of your time to this great agency.

HORSEHEADS FREE LIBRARY

The library is in need of volunteers who can help return books to the proper shelves and who can fix books in need of repair.

RSVP AMBASSADORS

RSVP Ambassadors will promote RSVP, our programs and volunteer opportunities to employers, clubs and civic minded groups. A PowerPoint presentation and brochures will be provided. Help us get the word out today. Call for more details.

If any of these exciting and challenging opportunities interest you, contact RSVP at (607) 734-4161. RSVP is a clearinghouse that places volunteers 55+ with non-profit agencies. Individuals who bring a diverse perspective and are supportive of diversity are strongly encouraged to apply.

Winter Holidays Word Find

Locate and circle the 28 words listed below the puzzle.

V S B E L L S B S N G S T R M
 S A T D G E B A S E N T O E I
 Y H Z N L G M M V W I O B B T
 E I E C E T N E E Y T C O M T
 N S I P S S R O S E A K G E E
 M C U I H G E L G A K I G C N
 I B R A R E O R H R S N A E S
 H H K E L R R X P S E G N D L
 C I E G A C A D L E C S A M E
 U N B C F R A C S V I N M A I
 S M I S T L E T O E R S W N G
 S E K A L F W O N S T F O G H
 H A K U N N A H H A R O N E M
 F O O T B A L L R L S N S R L
 G N I D D E L S J A N U A R Y

- | | | |
|------------|--------------|------------|
| BELLS | ICESKATING | SCARF |
| CAROLS | ICICLES | SHEPHERDS |
| CHIMNEY | JANUARY | SLEDDING |
| CHRISTMAS | MANGER | SLEIGH |
| DECEMBER | MENORAH | SNOWFLAKES |
| EGGNOG | MISTLETOE | SNOWMAN |
| EVERGREENS | MITTENS | STARS |
| FOOTBALL | NEWYEARESEVE | STOCKINGS |
| HANNUKAH | PRESENTS | TOBOGGAN |
| | SANTACLASUS | |

Dear Santa,

Here is RSVP's wish list:

A big, low mileage car in good condition that is used but newer than our 17-year-old Crown Victoria. We use the car and our vans to take nice (not naughty) volunteers to their assignments all year.

Ramps and ramp-building supplies. Maybe someone has a wooden or aluminum ramp that is no longer needed. Our SOS ramp elves install them for people who want to continue living at home but require better access. **We'll disassemble and remove donated ramps in good condition.**

Fabric and yarn. Our volunteers make useful items for newborns, school children and seniors.

Empties. **We'll turn them in for cash to help support our programs.** Pick-up available for quantities of over 100 soda or water bottles or cans.

Energy efficient light bulbs, 9v batteries, smoke detectors. **We'll install them in SOS client homes to help them save money and stay safe.**

Professional and local sports memorabilia for an upcoming RSVP fundraiser



Find us on Facebook
 RSVP of Chemung County

Your Support is Appreciated

Because needs are becoming greater than the resources available to meet them, we appreciate financial contributions. Your assistance will help seniors maintain their independent lifestyles and help RSVP recruit and place volunteers where the need is greatest at more than 100 local sites.

Name _____

May we publish your name? Yes ___ No ___

Street _____

City _____ State _____ Zip _____

Clip and return this coupon with your contribution to:

RSVP of Chemung County

911 Stowell St.,

Elmira, NY 14901

I designate my contribution of \$ _____ for:

- ___ Use wherever most needed
- ___ Transportation of volunteers to sites
- ___ RSVP volunteer recruitment & placement
- ___ RIDE program - transportation to appts.
- ___ SOS program - independent living assistance
- ___ Bone Builders - exercise program

My contribution is in memory of/in honor of:

 Contributions are tax deductible to the extent of the law.

Merry Berry Strata

- 2 tablespoons butter
- 3 tablespoons honey
- 4 large eggs
- 1/2 cup whole milk ricotta
- 3 tablespoons sugar
- 1 cup whole milk
- 1/4 cup orange juice
- 4 slices of bread, torn into 1-inch pieces
- 1 (10-ounce) bag frozen mixed berries, thawed and drained

Melt the butter in a small saucepan over low heat. Turn off the heat, add the honey, and stir to combine. In a large bowl combine the eggs, ricotta, and sugar. Using a fork, mix to combine and beat the eggs. Add the milk, orange juice, butter and honey mixture, and bread. Stir to combine. Gently fold in the berries.

Place the ingredients in a 10-inch round (2-quart) baking dish. Cover with plastic wrap and place in the refrigerator for at least 2 hours and up to 12 hours. Preheat the oven to 350 degrees F. Bake the strata until golden on top and baked through, about 40 minutes. Let stand for 5 minutes before serving. Spoon into dishes and serve.

Recipe from Giada De Laurentiis

BONE BUILDERS – Osteoporosis Prevention

For info or to sign up, call RSVP at 734-4161

- Applerridge - Horseheads
Monday, Friday – 9:20 am
- Big Flats Community Center
Tuesday, Thursday – 10:00 am
- Chapel Park, Pine City
Tuesday – 4:30 pm, Thursday – 1:00 pm
- Chemung Valley Senior Center - Heights
Monday – 2:30 pm
- Erin Town Hall - Morning
Thursday – 9:00 am
- Erin Town Hall - Evening
Monday, Thursday – 4:30 pm
- First Presbyterian Church on W. Clinton
Tuesday, Thursday – 9:30 am
- First United Methodist, Broad St., Hhds.
Tuesday, Thursday – 9:30 am
- North County Senior Center, Broad St., Hhds
Monday, Wednesday, Friday – 10:15 am
- **Our Saviour's Lutheran**, Westinghouse Rd.
Monday, Wednesday - 10:00 am
- Park Terrace Apartments
Monday, Wednesday - 9:30 am
- Riverside United Methodist Church
Tuesday – 2:30 pm
- RSVP Office, Stowell St., Elmira
Monday, Wednesday – 10:00 am
- **St. Matthew's** in Horseheads
Wednesday – 4:00 pm
- The Senior Center, Inc., E. Church St., Elmira
Thursday – 10:00 am
- Van Etten Village Hall, 3 Gee St.
Monday, Wednesday – 10:00 am
- Villa Serene, Elmira Heights
Tuesday, Thursday – 1:00 pm

It's Not Hip to be Square

Hip fractures kill thousands every year. It's not so much the fall that is debilitating, but the reaction to the break in the days, weeks and months afterward that **determines one's outcome.** Tom Slear wrote in *AARP The Magazine* that, of those who survive a hip fracture, too few thrive after one.

Sadly, of the 300,000 Americans age 65+ who fracture a hip each year, 20-30% will die within 12 months and many more will have significant functional loss. Slear writes that a year after the fracture 90% will **be unable to climb 5 stairs, 66% won't be able to get on or off a toilet without help, 50% won't be able to raise themselves from a chair, and 31% won't be able to get out of bed unassisted.**

As we age and our bones weaken, a hip break could result in major surgery which carries risks, as does the immobility. Bedridden and hospitalized, your odds of poor outcomes increase dramatically. Multiple ailments, or a chronic condition such as diabetes or heart problems, affect the whole system. Add to that a hip fracture and you aggravate a troubling situation.

We can improve the odds of recovery by following through with physical therapy during the four to six day hospital stay, two to six weeks in rehab, and three to four weeks of outpatient rehab. Then the real work begins, and you should take full advantage of services available until you get back to where you were before the fracture.

Bones heal better when they are used. **Weight-bearing activity, such as RSVP's Bone Builders, can stimulate the bone to heal.** This type of exercise can boost muscle strength and also improve balance and coordination. When combined with taking in protein, calcium, and vitamin D, and remaining engaged socially, people **are more able to get moving and keep at it.** "You have to make up your mind that you are going to do it. It's all about attitude," Slear stated.

Excerpted from AARP The Magazine article, "The Deadliest Break"



Sweetheart Raffle Fundraiser for The Senior Center, Inc.

Five Great Prize Packages...

hotel, dinners, a fabulous show and more!

\$5.00 per ticket; \$20.00 for 5 tickets

Call 733-8254 by Feb. 14 for tickets

The Senior Center, Inc., 550 E. Church St., Elmira

CDC Report Finds Carbon Monoxide Poisoning Highest During Cold Weather

Carbon monoxide (CO) exposures and poisonings occur more often during the fall and winter, when people are more likely to use gas furnaces, heaters and generators in their homes. Although males and females are equally likely to visit emergency departments for CO exposure, males are 2.3 times more likely to die from CO exposure. Males might be exposed to high CO levels during high-risk activities such as working in enclosed garages with generators or power tools.

The CO poisoning death rate is highest among people over 65. The most common symptoms of CO exposure are nausea, headache and dizziness. The more severe symptoms including loss of consciousness, shortness of breath and loss of muscle control are often not reported.

Strategies to Prevent Carbon Monoxide Exposure:

- Have your heating system, water heater, and any other gas-, oil-, or coal-burning appliances serviced by a qualified technician every year.
- Install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall.
- If your CO detector sounds, evacuate your home immediately and telephone 911.
- Seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseated.
- Do not use a generator, charcoal grill, camp stove, or other gasoline- or charcoal-burning device inside your home, basement, garage or near a window.
- Do not run a car or truck inside a garage attached to your house, even if you leave the door open.
- Do not burn anything in a stove or fireplace that is not vented.
- Do not heat your house with a gas oven.

For more information about carbon monoxide poisoning and prevention, contact Cornell Cooperative Extension of Chemung County at 607-734-4453. This report was prepared by the Centers for Disease Control and Prevention: www.cdc.gov/media/pressrel/fs050120.htm

Time flies like an arrow. Fruit flies like a banana.

A chicken crossing the road is poultry in motion.

Every calendar's days are numbered.

Santa's helpers are subordinate clauses.

Dijon vu - the same mustard as before.



Ho-Ho-How'd They Do That?

Armed with saws, measuring tape, drills and a ton of talent, our “ramp guys” finished up our first season in a big way! This component of RSVP’s Supporting Our Seniors (SOS) program not only met the needs of 6 frail individuals, but we did so at a total cost of less than \$500. That’s right, \$500 – for all 6 portable access ramps! How? We access other sources of revenue before we tap into our own funds. The generous cash donations we’ve received help offset the cost of materials for those who cannot afford them. It’s truly a win-win-win for the community! We’re off to a great start and look forward to even more activity in 2012!

FREE DOOR TO DOOR TRANSPORTATION

to your volunteer assignment
Call us at 734-4161

48 hour notice appreciated. Rides available weekdays 8-3:30 except holidays and days when schools are closed due to inclement weather.

AARP Driver Safety Classes

Call the RSVP office at 734-4161 to sign up for classes held in the Red Cross building on Stowell St., Elmira. Fee is \$17 for AARP members and \$19 for non-members.

Tuesdays & Thursdays:
January 10 & 12 1pm - 4pm
February 7 & 9 1pm - 4pm
March 13 & 15 1pm - 4pm
April 10 & 12 1pm - 4pm

Classes are also held at the Steele Memorial Library, Big Flats Community Center, The Senior Center and other locations. Call the sites or visit www.aarp.org.



Sensing a Change?

This is a great time of year – the holidays bring tasty dinners, fragrant wreaths and trees, and crisp winter air. But as we age we may be missing out on the smells and tastes we hold so dear. Our senses of smell and taste are closely related, so when one is off the other is also typically off.

The National Institute on Aging (NIA) lists several possible reasons why we may lose these senses. A head injury can damage nerves related to smell, so they recommend wearing a seat belt in the car and a helmet when biking. Temporary causes include an illness or allergy that stuffs up your nose, a harmless polyp in the nose or sinus, certain medications, or radiation/chemotherapy treatments. However, a loss of the sense of smell could also be an early sign of Parkinson's or Alzheimer's disease. **The NIA urges everyone to share any changes with your doctor, as it's important to be aware of the smells of smoke, gas leaks, spoiled food and certain household chemicals for our safety.**

Our sense of taste can also change with certain medical treatments or medications, especially antibiotics and drugs to lower cholesterol or blood pressure. Gum diseases or mouth infections can leave a bad taste in your mouth and change how food tastes. And alcohol has also been known to alter the way food tastes. Again, alert your doctor to any changes you experience.

The NIA reminds us that many of these conditions are temporary. Regardless of their duration there are things we can do to make our food more appealing. Add color, with brightly colored vegetables like carrots, broccoli, and red or green peppers. Add texture, with nuts, fresh herbs or cheese. Add zing with mustard, spices or lemon juice.

For more information from the NIA log on to www.nia.gov/HealthInformation or visit www.nihseniorhealth.gov.

New location and phone number for AARP Tax-Aide program

AARP's income tax program has moved to the American Red Cross building, 911 Stowell Street in Elmira. 2011 tax return preparation assistance will be provided on Mondays, Wednesdays and Fridays beginning February 1st. You must call in advance for an appointment.

Do not call or visit the Red Cross to make your appointment. Beginning January 24th, you can make an appointment by calling 734-2404 on Tuesday or Thursday only between the hours of 9:00 am and noon.

RSVP...Lead with Experience

In the Limelight Edwin VanDeventer



Although RSVP volunteer Ed VanDeventer has only been with us a few short years, I can say in all honesty that they have been some of his best. Ed has donated 1,031 hours of his time to Meals on Wheels and two of our programs, SOS and RIDE.

Ed grew up in a Lindley, New York farmhouse with a family who, according to him, were all givers. He married, had three children and worked 23 years at the North Presbyterian Church in the maintenance department before retiring. Ed gets plenty of satisfaction from volunteering. **Just ask him. "I do it for selfish reasons. I get so much more than I could ask for and it gets me out of the house. I believe that a lot of these people would be doing the same thing I am if they could. They are humbled and grateful; you can see it on their faces."**

Ed told me that we are good for him and that he loves coming here. Sounds like a perfect couple, **Ed VanDeventer and RSVP. He'll seal it with a kiss too...a Hershey chocolate kiss that is!**

Mary-Lynn Rourke
Volunteer Coordinator

Congratulations...

to volunteer Olga Krazinski, who received the *Cornell Cooperative Extension Friend of RSVP Award*, and to Tim Pierce, who was nominated for the *Friend of Extension Award*. Olga and Tim joined us at the CCE of Chemung County Friends of Extension Annual Recognition Dinner and Meeting on November 10th.

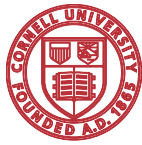
To: You
From: The Flu
Give the gift that won't keep on giving. Get vaccinated this holiday season.





You spread happiness
and cheer by helping our
neighbors all through the years.
Warm holiday wishes
to all volunteers!

Carol, Connie, Mary-Lynn, April, Chet and Steve



Cornell University
Cooperative Extension
One Great Idea



RSVP ADVISORY COUNCIL MEMBERS

Jeff Barlow
Robert Bly
Caryl Cavalier
David Daniels
Sam David
Mark Edgerly - *Chair*

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John Goff
Jerry Granoff
Kathy Gray - *Secy/Treasurer*
Jim Hackett
Richard Kuhn

Betsy Morrissey
Art Smith
Margaret Strumpf
Mildred Swan
Livia Trexler
Evelyn Williams - *Vice Chair*

RSVP MISSION STATEMENT

To provide volunteer service to meet community needs; To enable persons 55 years of age and older to actively participate in the life of their community through volunteer service; Thus enhancing the lives of the volunteers and the community.

RSVP is sponsored by Cornell Cooperative Extension of Chemung County (CCE), which provides equal program and employment opportunities. Please contact CCE if you have any special needs.

RSVP STAFF

Carol Houssock, Director
Chet Coddington, Transportation Coordinator Stephen Pitcher, Driver
Mary-Lynn Rourke, Volunteer Coordinator April Semel, Accts./Information Assistant
Connie T. Shelford, Special Programs Coordinator

RSVP Update is collated by RSVP Volunteers.