



The Volunteer Times

VOLUME 1, ISSUE 1

MAY 2005

RSVP

ADVISORY

COUNCIL

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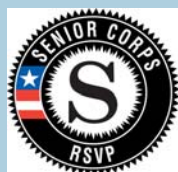
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**Program
Coordinator**

Chevelle Marshall

**Program
Coordinator**

Dear RSVP Volunteer,

I am pleased to write this article for the premier issue of the Center on Aging newsletter. I extend my greetings and very best wishes to all 500+ RSVP volunteers faithfully serving as part of the Center on Aging RSVP! As you may know, RSVP is one of the programs that make up the Senior Corps. Nationwide, Senior Corps includes three programs: RSVP, Foster Grandparents and Senior Companions. Combined these volunteers numbering more than 500,000 Americans age 55 and older use their skills, talents and experience to meet a wide range of community needs.

When you think about the incredible diversity of RSVP volunteer activities, it is truly amazing.

In this project alone, RSVP volunteers are assisting through the Red Cross in homeland security activities, tutoring children, visiting shut-ins, leading osteoporosis prevention classes, making telephone reassurance calls, preparing meals, transporting seniors to doctors' appointments, helping through hospice and assisting those in nursing homes.

RSVP nationwide includes 768 local projects with over 480,000 RSVP volunteers contributing 85 million hours of service to their communities through a network of 65,000 local non-profit and community-based organizations. RSVP now serves in more than 1,400 counties nationally. The Center on Aging RSVP is part of this large,



extensive network of volunteers making a difference in the lives of those you serve and in your communities.

Jimmy Carter said, "Throughout my life, I've seen the difference that volunteering efforts can make in peoples' lives. I know the personal value of service as a local volunteer." You are all part of this important tradition of local volunteerism. Keep us the outstanding work!

With warm regards,

Susan Cheesman

Program Specialist
Cooperation for
National and
Community Service

This is our premier issue, and it is coming out in honor of May as “Older Americans Month”.

“You light a spark sometimes that you don’t know you lit.”
-Oprah Winfrey

Why Volunteer by Paula Burnett, Program Coordinator

Dear Paula,

Okay RSVP. I am over 55 and I am about to retire so why should I get out there and volunteer? Signed Mr. Curious

Dear Mr. Curious,

Volunteering is not for the faint-hearted; it is for the big-hearted folks who believe we all have something to give back to our communities despite personal limi-

tations or geographic location.

Motivations to volunteer include sharing skills and interests, learning something new, enhancing leadership skills, problem-solving, socializing with others, opportunities to be creative and intellectually stimulated, and sometimes simply to have fun.

Over the years as a volunteer coordinator, I have

heard RSVP volunteers say volunteering has become the “highlight” of their lives and that for some it fills a void in their lives.

Health statistics indicate that volunteering contributes to improved physical and mental well-being and can prolong our lives.

If you are curious too, call **581-4412** to explore volunteer options that fit your needs.

Maine’s Roll of Honor for 2004

Annually The Maine Volunteer Connection and the Maine Commission for Community Service have a ceremony to present the Governor’s Service Awards. One group of volunteers who were recognized in Augusta on April 25 at the Hall of Flags were those who had served 500 or more hours in 2004.

RSVP nominated 30 volun-

teers to receive this recognition from Governor Baldacci. They are:

Pauline Albee, Emile Amnotte, Leonard Barry, Dorothy Bouchard, Rita Chinoy, Theresa Coffin, David Danielson, Fran DeRoche, Merna Doore, Mary Glans, Mary Hunter, Edith Hussey, Veronica Lee, John Levesque, Shawn Lewin, May Lewis, Louise

Martin, Jackie McAdam, Patrick McDonough, Ruth Nason, Patsy Nightingale, Gary Page, Thelma Parker, Jane Pierce, Lillian Rivers, Loretta Tapley, Barbara Truran, Dwight and Meredith Whalen.

Thanks for all your hours of service and all that you do from your heart for your peers and community!

Volunteer Opportunities

The following RSVP partnering agencies are looking for volunteers. If you are interested or know of someone who might be interested, please contact us at 581-4412 or 581-4421.

***Literacy Volunteers of Bangor**-Tutors to teach others to read or speak English; Assessment administrators; Board members; graphic de-

signer to update promotional materials.

***Phillips-Strickland House** in Bangor- Friendly visitors to interact with residents

***Even Start Family Literacy Program** in Milo- Volunteers willing to read to young children who parents are attending classes.

***Eastern Agency on Aging**- People willing to prepare, serve, or deliver meals in Penobscot, Piscataquis, Hancock and Washington Counties.

***Bangor Outreach for National MS Society**- Clerical assistance in the Hampden office

TRIAD

RSVP is proud to be actively affiliated with two TRIADS in our 4 county service area. The two are Penobscot County Area TRIAD and Downeast TRIAD (Hancock and Washington Counties).

TRIAD refers to a partnership among law enforcement agencies, senior service agencies and senior citizens to reduce the criminal victimization of the elderly both at home and

out in the community. For example last month, the Penobscot County Area TRIAD sponsored a forum on learning how to protect yourself against identity theft. Another TRIAD action was the creation of the File of Life— a plastic pocket magnetized for the refrigerator containing pertinent personal health information for paramedics when they arrive at a residence. House numbering and drug disposal projects are currently being conducted as a result of TRIAD involvement. Both the Downeast and Penob-

scot TRIADS promote a “Protect Your Purse” campaign. The Downeast TRIAD has also printed placements with local emergency information for area restaurants and cards to encourage folks attending funerals to have their homes watched.

Lincoln and Millinocket also have established local TRIADs. Piscataquis County is in the process of trying to start one. If interested in joining a Piscataquis County TRIAD, please call Margo Batsie at 564-8165 or Theresa Boettner at 581-3604.

“Volunteers are not paid- not because they are worthless, but because they are priceless.”

New Program: Emergency Preparedness

When the phrase Emergency Preparedness comes to mind, most people, including Seniors, think of the large scale happenings around the world. RSVP's volunteer Community Educators in Emergency Preparation are meeting with community groups in Eastern Maine to discuss how preparing for ANY disaster or emergency begins with the individual – in their home, work space or even their

car. Those attending the presentations are informed and engaged in discussions about preparations they can make and are invited to share their own strategies for coping with emergencies or disasters.

Training for new volunteers is scheduled monthly and in various locations for volunteers convenience. Training includes



A new RSVP volunteer attends the latest Community Educator workshop, a training in Emergency Preparedness.

tips on public speaking in addition to general emergency preparedness and instruction specific to the program. A partnership with the American Red Cross encourages interested volunteers to increase their skills through additional classes.

Community groups interested in a presentations as well as volunteers wishing for more information please call Chevelle Marshall at 581-4421.

RSVP Calendar of Events

May 19:

Piscataquis County Alzheimer's Conference—call 1-800-660-2871 for information

June 4: Children's Miracle Network Telethon & EMHS Health Fair at Bangor Mall

October 18:

RSVP Volunteer Appreciation Luncheon—Jeff's Catering

Agencies that partner with RSVP are welcome to let us know if you have any upcoming events of interest to seniors that can be posted here.



A Member of the University of Maine System

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2005 Maine Governor’s Service Awards program was attended April 25 by Chevelle Marshall (RSVP Coord.), Shireen Tilley (Corporation for National & Community Service), Kay Lebowitz (RSVP volunteer & Advisory Council member), Paula Burnett, (RSVP Coord.) and Jane Harris-Bartley (RSVP Director). Other RSVP volunteers who attended the ceremony were Lillian Rivers, Mary Hunter and Irv Marsters (he served as the MC for the event with Joni Averill & he is on the Advisory Council).

✂ Cut along the dotted line

~TRIVIA CONTEST~

Answer the question below and send in the contest entry for a drawing for a gift certificate. Please return completed form to the address printed above by June 2.

What was actor Clint Eastwood’s character name in the TV series “Rawhide”?

Answer _____

Your name _____

Mailing address _____



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**THIS SPACE
IS AVAILABLE FOR
YOUR AD**

Please call 581-4418 for more information.

RSVP receives funding from the Corporation for National & Community Service, the Bureau of Elder & Adult Services, the United Way of Eastern Maine and other community funders.