



# The Volunteer Times

VOLUME 2, ISSUE 1

FEBRUARY 2006

## RSVP

### ADVISORY

#### COUNCIL

Irv Marsters

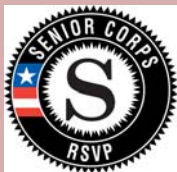
Kay Lebowitz

Stan Marshall

Roberta Macko

Carol Mower

Theresa Boettner



## RSVP STAFF

Paula Burnett

Program Director

Chevelle Marshall

Program Coordinator

## Dear RSVP Volunteer,

Many of you know Paula Burnett as a friendly voice on the other side of the telephone, and many of you recognize her as a friendly face you have come to identify with RSVP and who has helped you solve problems of one sort or another many times in the past. As the Director of University of Maine Center on Aging, I have had the pleasure of working with Paula for the past four years and certainly recognize her as all of the above. It is because of her dedication to RSVP and the skills that she bring to the job that I am pleased to announce her appointment as the new Program Director of RSVP. Paula, as many of you know, brings with her an enthusiasm for volunteering as well as a wealth of experience and knowledge with 20 years under her belt as a professional administrator and educator including seven years of experience in RSVP as a program coordinator.

I know that Paula, as the new Program Director, will display a continuing spirit of commitment and caring in her work at RSVP. You can be sure that those

qualities will be reflected in her unwavering support of volunteer service throughout Penobscot and Piscataquis Counties at the same time that she and her staff work hard to expand the reach of RSVP into Washington and Hancock Counties. She will also continue to provide support to Louise Bonawitz, the Center's Health & Fitness Consultant and our successful Bone Builders program, assisting our current sites and searching out new sites and opportunities. Chevelle Marshall, our RSVP Program Coordinator, will be working side by side with Paula all along the way. So spread the word, our program is growing each and every day!

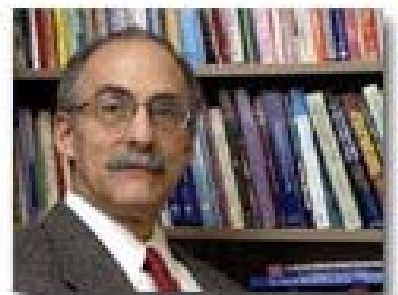
I hope that you will continue to view Paula and Chevelle as welcoming resources to you in the important work that you do for the communities and organizations you care so deeply about. As we move forward you will be hearing about a number of exciting new projects – all of them creating opportunities for you to give of yourselves in creative and satisfying ways as volunteers. I hope that we can call upon you to provide us with first-hand advice from the front lines

on how to make our new efforts a success.

I would like to thank each and every one of our dedicated RSVP volunteers for the work that you do each day. Volunteers are a rich resource to Maine and its communities helping to better the lives of others and that is something to be proud of. In my travels throughout the state, I have heard many stories of the wonderful work that you are doing in the community. RSVP has developed a reputation for being a top notch program – one that cares deeply - and no doubt that is the result of our dedicated staff and volunteers. Thank you again for all that you do for your communities and for Maine. This is truly an exciting time to be a part of the RSVP program.

*Dr. Lenard Kaye*

Director  
UMaine Center on Aging



*"The only reward  
for love is the  
experience of  
loving."*

-John LeCarre



## 'Getting By This Winter'

Community Forum  
on DVD  
FREE copies  
available

In December, a local collaboration of service providers in Eastern Maine organized community forums which were aired on public access television. These are now available on DVD, with information specific to Washington and Hancock counties, but applicable to all other counties in the state.

Information includes: resources, contacts for information, developing relationships with oil dealers, heating safety, safely reducing energy consumption and energy efficiency.

Running time is approximately one hour. Copies are free to anyone in Penobscot, Piscataquis, Washington and Hancock Counties.

To get your copy: Contact Alicia McCarthy at United Way of Eastern Maine by phone at 941-2800.

**Downeast Senior College** is offering a wide variety of classes beginning in mid-March. The class list includes: The Personality of the Germ, May Sarton-Life and Works, Understanding Grief, Energy-Beyond the Price of Gas, Sailing Basics, Fish Story – Marine-related field trips in Hancock county. Additional offerings include outings and lectures free to members. For more information write Downeast Sr. College, Hancock County Higher Ed. Center, 248 State St. Suite 1, Ellsworth ME 04605 or call 1-800-696-2540. Voice-mail can be left at 667-3897 ext. 17.

# Senior College

**Penobscot Valley Senior College** is preparing for its 6 week spring semester from March 3-April 7 with classes scheduled at UMaine and various Bangor locations. A dozen courses will be offered including Beginning Computing, The Nature of Maine, Growing Orchids for Fun, Women of Africa and The Civil War—A Personal Journey. A catalog is available by calling Penobscot Valley Senior College at 581-7947 or on the web at [www.mainecenteronaging.org](http://www.mainecenteronaging.org). Scholarships are available for those with financial need.

## Volunteer Highlight

### Station Profile

**Roe Village**, an RSVP station for 13 years and the location of a community dining room operated by The Housing Foundation, hums with activity at lunch time on a typical Tuesday. Volunteers and residents of the facility as well as Hampden serve and sit down to enjoy the meal together.

Wonderful food and a warm welcoming atmosphere makes a visitor feel right at home. A lively Bingo game began right

after the meal. It's clear from the camaraderie demonstrated that those that come back week after week thoroughly take pleasure in both the meal and each other's company.

~  
**For Sue Mock**, Roe Village station supervisor and RSVP member since 1997, volunteering is not something she does, but the way in which she lives. She comments that she's been told "...that if you do good deeds it comes back to you double fold. My husband and I find that it comes back TRIPLE fold."

Sue's volunteer time is currently divided between almost a dozen organizations which range from local ones like The Hampden Neighborhood Food Cupboard located down



*Volunteers enjoying after lunch Bingo*

the street from her home, to organizing the American Neuropathy Support Group for the entire state of Maine.

A woman to step forward and respond to needs she sees, Sue almost glowed when speaking of a volunteer opportunity she had over the holiday season. With her husband Gary, they baby-sat 5 infants for young single moms so they could attend the Penobscot Theatre. "We enjoyed it so much!" Sue said.

Volunteers, like Sue Mock, build and sustain communities from the inside. The UMaine Center on Aging RSVP, like Hamden, is proud to have her as a member of our community.



*Roe Village volunteer*

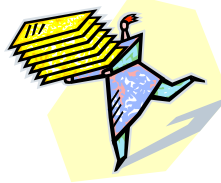
# RSVP Volunteer Survey Summary

With volunteerism, it's obvious how volunteers help individuals and organizations.

What is less obvious, and yet just as important, is how volunteer time benefits the volunteer.

The December survey examined, in a small way, how volunteerism leads to a more active life and a healthier lifestyle for volunteers. We sought to measure how volunteers feel about themselves and the service they do. We also looked at the amount of time volunteers spent in active versus more passive pursuits. It was no surprise to discover that RSVP volunteers feel

good about themselves, others, and their volunteer service.



Other RSVP surveys through the year "measure" results of volunteers activities on communities and individuals.

Together all this information can be used to expand awareness of volunteerism and will enable us to show these two levels of benefits. Such a thorough and distinctive demonstration will attract additional funding to support RSVP and its volunteers.



This additional funding can

help RSVP offer increased advantages and opportunities to its volunteers. One such possible advantage is an increase in mileage reimbursement, something we found mentioned in the survey comments as well.

**Additional note.** As the survey was anonymous, individual requests for information can't be addressed. However, included with the newsletter is a Volunteer Opportunity form for those who were looking for additional volunteer opportunities. As always, please feel free to contact us with any comments or questions. (581-4421 Or 581-4412)

## Volunteer Opportunity

A new program is being developed for nature talks in local nursing and retirement homes. These talks, led by volunteers, are arranged for no fee through the Fields Pond Nature Center in Holden.

The focus of the talks is on some aspect of nature – often seasonal— to encourage participation with personal observations and memories.

The knowledge and experience level of the leader is less important than is an interest in sharing experiences with those who are less able to be out and about.

Contact: Nancy Bickford, 37 Willow St., Winterport, ME 04496 Tel. 223-5073

**AARP Tax Aide** volunteers offer free income tax assistance to low and moderate income people for federal and state income tax returns from Feb. 1 to April 15th. Refunds can be received in as little as two weeks. Aides are volunteers who have passed IRS exams. At Bangor Public Library, no appt. necessary from 10am-5pm on Tues. in Feb and the rest of tax season on Wed/Thurs. Help is available by appoint-

## Free Tax Aid

ment. at Eastern Agency on Aging (941-2865) on Tuesdays from 9am-3pm and Fridays from 11am-3pm. (941-2865) Assistance is also available by appointment. in Dover at Penquis CAP on: Feb. 17, Mar. 3, Mar. 17, Mar. 31, Apr. 7, and Apr. 14. (564-7116 x 205) Other area sites are located in Old Town and Hampden. Additional info on local sites is available at 888-227-7669.

**UMaine Accounting Students** (overseen by UM Volunteer Income Tax Assistance Program Director) are available on Mondays through April 17 to offer free help with state and federal tax returns. Sessions from noon to 2:30pm begin Feb 6 in room 113 of the Donald P. Corbett Business Building. Help is offered on a first come/first serve basis to those in surrounding communities and designed for basic tax assistance needs of those with low and moderate incomes. Call 581-1982 for more info.

## Welcome New RSVP Members

We would like to extend a warm welcome to those folks who have joined RSVP since Oct.!

- Roberta Alls
- Pauline Bucknam
- Barbara Johnson
- Carol Marino
- Helen McDonald
- Judith Oreskovich



- Harriet Page
- Anne Sawyer
- Joan Shapleigh
- Constance Soucey
- Mary-Ann Tardiff
- Helen Worcester

## TRIVIA CONTEST WINNER FROM THE OCTOBER ISSUE:

**Agnes Shorette**

She volunteers at EMMC and Parker Dining Room

She won a \$25 gift cards from Target

The answer: "The Garry Moore Show".



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Orono ME 04469-5719  
(207) 581-4412/ Fax (207) 581-9320  
www.mainecenteronaging.org  
5-2-11340

### TRIVIA CONTEST

Name the radio personality whose career has spanned over 70 years and whose distinctive voice and speaking style have told the “rest of the story” since 1976?

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_ ME, zip \_\_\_\_\_

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

