



# The Volunteer Times

VOLUME 1, ISSUE 3

NOVEMBER 2005

## RSVP

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Program  
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## Dear RSVP Volunteer,

I became active in RSVP in the early 1990's, and I was extremely influenced by the work and words of U.S. Senator William Cohen of Maine.

Here's a sample of his thoughts on "Volunteering for a Better America" in 1995. It reminds us (those that are volunteers) of the importance and value of our collective services.

*"President John F. Kennedy once observed, 'It is not enough for a great nation merely to add new years to life. Our objective must also be to add new life to those years.'*

*Kennedy's thought applies to many older Americans, who too often believe they have nothing more to offer society after they retire or reach age 65. Instead, they simply watch the passage of time rather than fill their time with new challenges and activities.*

*Volunteering can be the answer. Tens of thousands of older Americans are making invaluable contributions to the lives of their neighbors, friends or even strangers.*

*As the senior population continues to grow, so too does its collective experience and talents - and we must take advantage of those qualities.*

*A call to volunteerism is not a call to solve all of the nation's problems single-handedly. Rather, it is a call for seemingly small gestures that, one by one, can help restore the fabric of American society and conquer some larger problems.*

*Volunteering is important, not only for those being helped but also for those doing the helping. Giving their time to help others keeps seniors engaged, active and independent, preserves self-esteem and can be an effective form of therapy. It's a two-way street that benefits both the volunteers and those they serve.*

*Whether it is every day, a few hours a month or just a couple of times a year, volunteering can make an enormous difference in people's lives. America was founded on a spirit of cooperation and volunteerism.*

*The same spirit and ingenuity that helped this country grow is needed today."*

Our society is waking up to



the realization that human experience is dependent upon more than materialism, the arts, government and education. We're beginning to realize that none of these societal endeavors can supplant the need for mutual helpfulness among human beings.

The roots of volunteering are people helping people. RSVP volunteers can play an important role in restoring a sense of community to America and improving the nation. Being a volunteer means sharing yourself with others - your talents, time, energy, mind, experiences and expertise. **Thanks so much RSVP volunteers for sharing.**

*Irv Marsters,*

Advisory Council Chairman

# VOLUNTEER RECOGNITION 2005

The following received service awards at this year's event:

**20 Years** Iva Marden and Marion Merrill

**15 Years** Ruth Burke, Iris Buzzell, Edith Collins, Ralph Cousins, Leila Day, Alice Dyer, Lois Gardner, Eva Gonya Grava, Hope Lacourciere, Mary & Laurence Leavitt, Mary Martin, Vaughn Martin, Louise & Raymond Perkins, Nora Roberts, Odina Robichaud, Clayton Rogers

**10 Years** Psyche Briggs, Elizabeth Buckingham, Richard Crouch, Diane Deane, Patricia Dube, Madeline Fogg, Lorraine Goodale, Evelyn Goodridge, Nadine Hoyt, Joanne McIntyre, Evelyn Alma Mishou, Archie Pelkey, Etta Porter, Page Shaw, Myrna Watkins, Donna Wilson and Helen Young

**5 Years** Sarah Arnold, Ruth Beatham, Elaine Blethen, Lois Boone, Helen Brackett, Alice Caldwell, Doris Carney, Trish Chard, Betty Cobb, Delores Curtis, Helen Dentici, Catherine & Lewis Dupray, Natalie Huseby, Selma Larson, May Lewis, Lana McBrierty, Rose Nelson, Jane Pierce, Norman Powell, Deb Rand, Virginia Reynolds, Ken Rowell, Winifred Sawyer, Geraldine & Rodney Stanhope, Jeanette Treworgy, Barbara Truran, Evelyn Turner, Mary Wallace, Emma Walton, and Edna Welch

"One person  
can make a difference  
and  
every person should  
try."

John F. Kennedy

## The Maine

Alzheimer's Project  
Training in the "Best  
Friends Program" to  
be offered in Bangor  
(DHS) at the Dorthea  
Dix Psychiatric  
Center (BMHI)  
Old Auditorium 656  
State St.  
December 9 from  
8am-4:30pm  
For further  
information, call Jan  
Halloran at 287-9233

## Welcome New RSVP Members for 2005

As of the end of October, RSVP has 57 new, invigorating volunteers.

Alvin Adams

Mary Adams

Marjorie Albee

Fred Armstrong

Janet Armstrong

Albert Ayotte

Fred Banks

Roberta Barnard

Ada Barnes

Jeff Barnes

Norman Bateman

Sarah Beals

Nicole Behr

Martha Berry

Max Bonitz

Pauline Bucknam

Thecla Corkran

Racheal Corsa

Patricia Cole

Charlotte Delano

John Doe

Kenard Drinkwater

Jerry Dupuis

Margaret Earley

Reginald Earley

Jane Fitzgerald

Valerie Foster

Roberta Fowler

George Fricke

Bernice Gibbons

Geraldine Giles

Nellie Guptil

Nancy Harris

Dorothy Hawkes

Helen Haynes

John Hersey

Barbara Hodgkins

Malcolm Little

Joan Macchi

Dwight Merrill

Joan Murray

Edmond Paschal

Jeannette Rice

Carolyn Roach

Dolores Simpson

Judy Sinclair

Louise Sinclair

Nancy Spencer

Jessie Stanhope

Sally Thompson

Edward Townsend

Evelyn Townsend

Shirley Walsh

Alexandria Wildey

Irene Wing

Ethelyn Woodard

Margaret Wright

# Station Profile: YWCA Mount Desert Island

**By Louise Bonawitz:**  
Currently, RSVP is conducting 6 *Bone Builders* exercise classes in Penobscot and Hancock counties, serving more than 100 people. By using volunteer trainers at donated sites, RSVP brings the program, **free of any charges**, to anyone who wants to participate. Participants in the program can expect to increase their bone density, prevent the development of osteoporosis, and even reverse the effects of the disease.

The RSVP Bone Builders class at the YWCA Mount Desert Island started January of 2005 through a partnership of YWCA Mount Desert Island (Benita McMullen, Executive Director) and RSVP (Jane Har-

ris Bartley, Director). Cas Bowden volunteers as the lay leader of the class which meets on Wednesdays and Fridays at 9:00am.

Bone Builders is a free exercise and educational program which is led by trained volunteer lay leaders. The classes include balance exercises and relevant discussions of nutrition, medicine, and life style, but the main focus is on weight training. Articles in the *New England Journal of Medicine*, the *Journal of the American Medical Association* report that elderly participants in weight training programs increased their bone density by an average of 1% over one year as compared to a 2.5% decrease in the control group. These remarkable results have motivated RSVP to develop and de-

liver this program. The exercises stress the bones causing the body to grow new bone tissue. The exercises are also designed to improve balance and flexibility to prevent falls and fractures.

RSVP brings the Bone Builders program to select communities; a grant from Healthy Acadia is providing the funding for the new site in Ellsworth area. A Maine Community Foundation grant provides the funding for Bone Builder classes in Old Town, Bangor, Brewer and Mount Desert Island. RSVP Bone Builders will be starting a class in the Ellsworth area. The class will begin this fall and will meet at the Beth C. Wright Cancer Resource Center. If interested in participating in Bone Builders at this site, or at any other



**You can do it!**

location, please call 581-4412 for more information.

## VOLUNTEER PROFILE: RSVP Norman Bateman at HSSC

Norman, one of the RSVP Bone Builders' first participants, began in July 2004 in the pilot program at Hammond Street Senior Center. He was a very faithful participant throughout the entire first year and then volunteered as a leader when the original leader, Julie Fish, stepped down. Norman is very determined to have the class continue. He personally hung over a dozen flyers around the Bangor-Brewer area in pharmacies, grocery stores and department stores encouraging people to join the Bone Builders program. He is a true role model for the class participants and other Bone Builders lay leaders as well. The Bone Builders program could not continue if it were not for volunteers like Norman.

The following are Norman's thoughts on Bone Builders as a participant and leader. "Before starting this program, I was living alone and not having a great deal of contact socially. I decided that I was getting little physical exercise and felt the program might be good to maintain my physical strength. It has done that and much more. Not only do I have greater strength, but the association with fellow exercisers has helped my quality of life. My balance has improved and my interest in walking has increased. In general, I feel more physical energy. I was pleased to be asked to be a group leader and I look forward to our sessions."

## VOLUNTEER OPPORTUNITIES

C.A. Dean Nursing Home (Greenville) - friendly visitors & activity aides

Eastern Agency on Aging (all locations except Bangor)- Meal delivery/serving of meals

The Salvation Army (Bangor) - phone/desk receptionist (temporary)

My Friend's Place (Bangor) -

Drivers for the adult day-care program; 1 driver needed for Tues. & Wed. morning &/or afternoon. A driver Tues, Wed. , Fri. to provide ride for 1 participant. Mileage reimbursement available for drivers.

Call 581-4412 for more information.

## TRIVIA CONTEST WINNERS FROM OUR AUGUST ISSUE:

**Blake Thibodeau– Community Volunteer**

**Phyllis Borns-MCA, MPBN**

The answer was "The Happy Wanderer"

Both won \$25 gift cards from Target

# Volunteer Appreciation Event 2005



The theme for our event

Keynote Speaker: Joni Averill of the Bangor Daily News



RSVP Volunteers & Advisory Council members, Carol Mower & Stan Marshall, check in attendees.



Mary Martin of the Sunshine Gals receives her 15 year service award from MC Ric Tyler and Advisory Council member, Irv Marsters.



Randy Lindsey of Two for Tea entertains seated volunteers with his partner Paula Suttle

The Old Geezer & The Scalawags livened up the crowd with their music and antics.





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

### 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 December 15.

**What is the name of the TV comedy-variety show Carol Burnett regularly appeared in prior to having her own show?**

Answer \_\_\_\_\_

Your name/address \_\_\_\_\_



  
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Please call 581-4421 for more information  
or to place an ad.

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.