



The Volunteer Times

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Dear RSVP Volunteer

Having been a high school social studies teacher for many years, periodically former students reappear in my life. We briefly catch up on each other's lives, and eventually this question comes up: Are you still teaching? Evidently, I did something right back then, as these former students express the hope that I still am teaching.

A few weeks ago, I spoke with an ex-student about my years of being affiliated with RSVP. He commented that it sounded to him like I have continued to teach social studies in a slightly different way in a slightly different forum. "Only over these past few years, the subject matter you have been teaching has been the value of volunteerism," he stated. I had never looked at my current profession as an extension of my previous one. He was right. For seven years, I have been extolling the virtues of volunteering by sharing the stories of RSVP members in hopes of attracting more folks age 55 and older to join this dedicated community of Senior Corps volunteers. (In fact, Chevelle and I are

always interested in hearing what you, the volunteer, want to share about your experiences.)

Guess it is time for this "old" social studies teacher to offer a history lesson. By now, many of you may realize May is known as Older Americans Month. The theme for 2006 is "Choices for Independence".

OLDER AMERICANS MONTH 2006



independence + dignity + choice
= healthy aging

Older Americans Month was established in 1963 by President John F. Kennedy. At that time, May was referred to as Senior Citizens Month. It has been proclaimed by presidents every year since then, and formerly became Older Americans Month in 1980 in a designation by President Jimmy Carter. Historically, this proclamation has been a time to recognize the contributions of past and current older persons to our country. President Bush has stated, "Older Americans help others to under-



stand the past, and they teach timeless lessons of courage, endurance and love. Through their legacy of patriotism, service and responsibility, America's seniors also unite families and communities and serve as role models for younger generations."

I would like to conclude with a quote from a great teacher of the past, George Washington Carver. "How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because some day in life, you will have been all of these." In my travels with RSVP as program coordinator and now director, this quote reflects what I see each of you providing each time you volunteer and how far you have gone in your life for others. Keep up the good work and Happy Older Americans Month! ...End of lesson!

Paula Burnett

Director, UMaine Center on Aging RSVP

"To the world
you might be
one person, but
to one person
you might be
the world."

-Unknown.

Volunteer Opportunities

The Meadows is looking for a Bingo Caller.

Maine Discovery Museum is in need of a volunteer for their gift shop as well as a variety of other positions.

Leonard Berry	Fran DeRoche	Shawn Lewin	Thelma Parker
Susan Blakely	Dorothy Dodge	May Lewis	Oswald Raszler
Elaine Blethen	Merna Doore	Louise Martin	Lillian Rivers
Dot Bouchard	Carol French	Jackie McAdam	Rolande Saucier
Rita Chinoy	Mel Gatch	Patrick McDonough	Barbara Truran
Theresa Coffin	Mary Glans	Ruth Nason	Dorothy Warren
Charlene Deane	Mary Hunter	Patsy Nightingale	Dwight Whalen
Helen Dentici	Edith Hussey	Gary Page	Meredith Whalen
	John Levesque		

Station Profile: Pine Tree Hospice

To drive through Dover-Foxcroft, or any town in rural Maine, is to see beautiful steepled churches and the interesting architecture of libraries or other civic buildings. What one doesn't see, but is as vibrant and vital as the maples lining streets, is the complex web of neighbors, friendships and family ties. It's on these connections that communities are built.

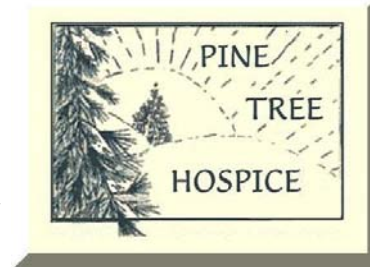
Pine Tree Hospice, in Greenville and Dover-Foxcroft, builds and maintained exactly these types of relationships. Extending from Dover-Foxcroft to Newport, Corinth and even Brownville and Rockwood, 90 volunteers criss-cross 3 counties to offer direct and indirect services to individual clients and families free of charge.

Incorporated in 1985, Pine Tree Hospice has been a partner station with RSVP

since 198, making it one of our oldest stations. With a 3 person staff (only one of whom is full time, Kay Johnson), this non-profit organization makes the most of every resource, including dedicated volunteers who assist in the office as well as with clients.

Currently a member of the board of directors, a past volunteer coordinator and a current volunteer Judy Merck was

surprised to realize she's has been a volunteer for hospice for the 17 years already. Starting when she was still employed and volunteering just a few hours she's continued to increase her involvement with the organization. This seems to be typical of hospice volunteers who quickly become dedicated. Judy explained that "Hospice is not about end of life care, but **living** to the end of life care." Ultimately, "Hospice is about living."



Volunteers are given 20 hours of training on topics mandated by the state. Hospice volunteers though, can find themselves cooking meals for families, driving an individual to a medical appointment or simply visiting a home or a care facility to spend

time with clients playing card games or chatting. Pine Tree Hospice volunteers offers continuing sup-

port to families for over a year if necessary often making life long friendships and becoming surrogate members of families.

Pine Tree Hospice and its volunteers seem to be interwoven with the very fabric of Piscataquis County. They typify the very best parts of rural Maine and the character of Mainers in general. Neighbors volunteering to support neighbors. RSVP is proud to help support Pine Tree Hospice and their volunteers.

Penquis Regional TRIAD

Piscataquis County has one of the highest populations of older adults per capita in a state already known as "The Oldest State in the Nation". Yet it did not have an organization focused on crime prevention and abuse issues specific to seniors until 2005 when the Penquis Regional TRIAD was formed. TRIAD is a coalition of law enforcement, seniors and social service organizations serving senior populations.

TRIAD provides an opportunity to increase communication between seniors, law enforcement and service providers which enables them to be more responsive to seniors spe-

cific needs and concerns.

To gauge the level of concerns about issues traditionally dealt with by TRIADs a survey of the region's seniors was taken. The results have guided the organiza-

tion as it develops its own mission. Financial safety concerns (identify theft, fraud, burglary, robbery) topped the list of concerns on the survey. Loss of independence, various home and personal safety concerns rounded out the top ten list.



are an ongoing method of making the senior public aware of the variety of schemes fraud artists use to separate them from their savings and other assets. Most recently TRIAD was able to help make information available about Medicare "D" and warn about the sharks prowling with offers too good to be true.

One such event is the Piscataquis Senior Health,

Safety, and Fun Fair described below. TRIAD launches the "File of Life" distribution at this event.



Paul Matulis - TRIAD Organizer

VOLUNTEER

OPPORTUNITIES

TRIADs exist all over the state and enjoy support from local law enforcement agencies and a wide number of social service agencies like RSVP. Equally important are seniors who make up the third side of the TRIAD triangle. Senior volunteers participating in TRIAD man tables at fairs, speak (with training provided) at civic group meetings, or even help with the administrative tasks that keep the organization running. The time required is as little or as great as the volunteer makes it.

To find out more about one of the local TRIADs, RSVP currently partners with or to get involved:

DownEast TRIAD:

(Washington & Hancock)
Harold Page-
Ellsworth Police
Dept.
667-2133

Penobscot County Area TRIAD

Rick Mooers-
667-1600

Penquis Regional TRIAD

Paul Matulis-Penquis
CAP
564-7116.

Piscataquis Senior Health Safety and Fun Fair

A coalition of local organizations and Penquis Regional TRIAD present the Piscataquis Senior Health, Safety, and Fun Fair on Saturday, May 6, 2006, 9A.M. to 2P.M., at the Penquis Higher Education Center (PHEC), located at 50 Mayo Street in Dover-Foxcroft.

Diabetes, cardio-vascular, and other health screenings will be offered free to the public by regional medical providers. No admission will be charged, thanks to a generous grant from the Piscataquis Public Health Council. Light refreshments and a simple soup and bread lunch will be served for very modest cost. Most importantly, an atmosphere of fun at the Fair will be maintained by live and DJed music, service demonstrations, games, give-aways and door prize drawings.

A broad range of services enhancing senior health, safety, and lifestyle will include the programs offered by RSVP and the UMO Center on Aging, the Public Health Council and Mayo Hospital, AARP and TRIAD, Penquis C.A.P., Dover Audiology, Piscataquis YMCA and Community Fitness, Eastern Agency on Aging, and many others.

Signs will be posted to guide fairgoers to the Center from Main Street (Route 15). PHEC is handicapped accessible with plenty of parking for fairgoers. Seniors, the fastest growing population in the region, their families, caregivers and friends are encouraged to attend where exhibitors are able to showcase services available to seniors in and around Piscataquis County. Have a great time and maybe learn something new!

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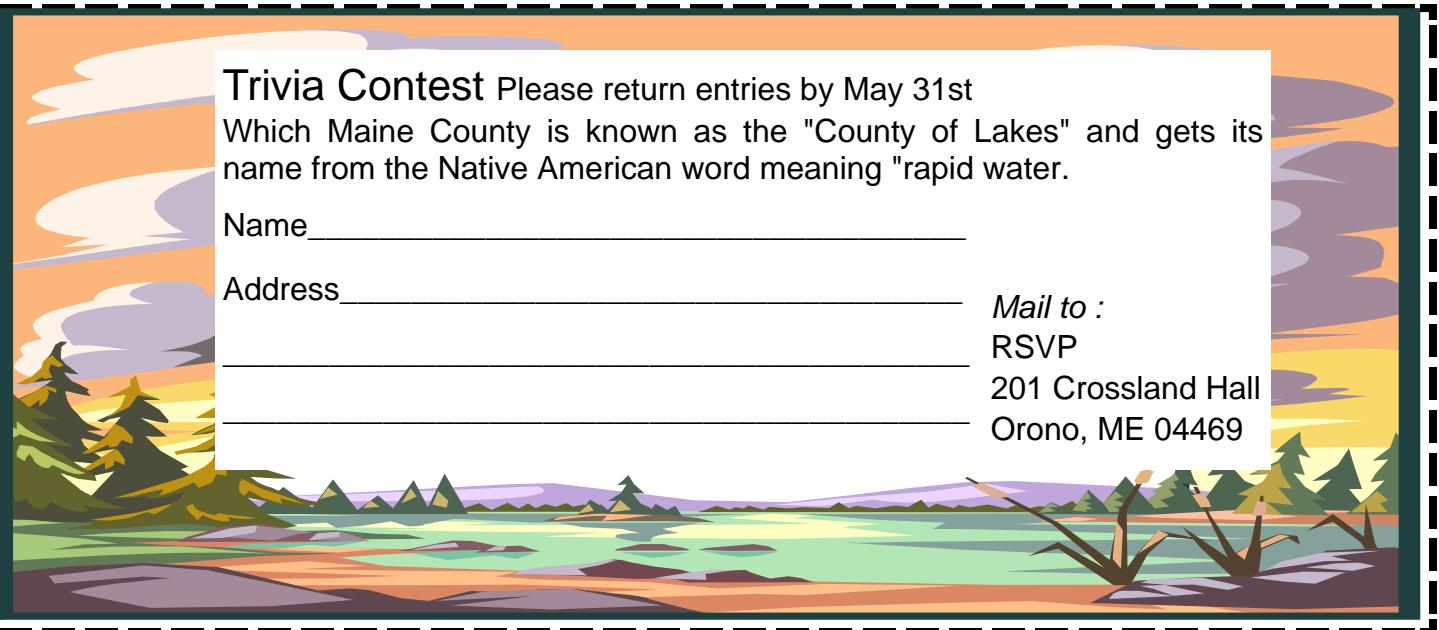



Smart people are always looking for a low-cost-with-high-returns opportunity to promote their agency, business or corporation. For a small fee, you can place your ad in this space. Our newsletter is mailed to 500+ older adults and 100+ organizations in Penobscot, Hancock, Washington and Piscataquis Counties. (Your ad will support our Trivia Contest.)

**THIS SPACE IS AVAILABLE
FOR YOUR AD**

Please call 581-4421 for more information

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.



Trivia Contest Please return entries by May 31st
Which Maine County is known as the "County of Lakes" and gets its name from the Native American word meaning "rapid water."

Name _____
Address _____

Mail to :
RSVP
201 Crossland Hall
Orono, ME 04469