



COUNTY OF SULLIVAN

"Senior Sullivanites"

The Official Newsletter of the Sullivan County RSVP Program

volume 8

March 2014



*Sullivan County RSVP in it's 41st
Year Serving Sullivan County*

*Sullivan County RSVP
Looking for Volunteers*

*Silver Stickers Need...
YARN Donations*

Tips for Fall Prevention.

RSVP Advertising...

We Have A Winner....

Donation Form

The Value of Contact

Volunteer Opportunities

New Volunteers

*Get Ahead of Estate
Planning...*

Cold, Allergy or FLU

What is the difference

RSVP Update:

The Retired Senior Volunteer Program

RSVP offers a full range of volunteer opportunities with
over 40+ Local and National Organizations.

With RSVP, you choose how and where you want to serve. You choose the amount of time you want to give. You choose whether you want to draw on your skills or develop new ones. In short, you find the opportunity that's right for you.

With RSVP, you'll, receive training from the organization where you serve, mileage reimbursement and supplemental insurance while on duty.

And remember: When you volunteer, you're not just helping others you're helping YOURSELF to a longer life! Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promote a positive outlook on life.

Our most pressing need is for Medical Transport Drivers. Medical transportation is a central part of the RSVP program keeping our communities elderly healthy and independently living in their own homes longer.

If you are 55+ and reside in Sullivan County get involved, and join RSVP today!

Call: Caryn Mathews, RSVP Project Director @807-0251

Eligibility: RSVP is open to all people age 55 and over, who are Sullivan County residents.

And remember: When you volunteer, you're not just helping others—you're helping yourself. Volunteering leads to new discoveries and new friends. **Plus**, studies show that volunteering helps you live longer and promotes a positive outlook on life. So, get involved, and **join RSVP today!**

ALSO....

RSVP (Retired Senior Volunteer Program) of Sullivan County is looking for donations of new or usable yarn. We have a group of dedicated "Silver Stickers" who knit and crochet beautiful handmade items that are donated by RSVP throughout our community to children, elderly and anyone in need of warm hats scarf's and blankets ECT. If you have any yarn you would like to donate it is much appreciated.

Please call : Caryn Mathews, RSVP Project Director at 807-0251.



“Senior Sullivanites”

TIPS FOR HOME FALL PREVENTION

- ◆ Provide seating at the entrance to the home so you can rest or put things down.
- ◆ Remove small icicles within easy reach so that home entry and exit are safe. Do not try to remove bigger and dangerous icicles; have someone else remove them.
- ◆ Always wear shoes that fit properly and have nonskid soles.
- ◆ Install light switches at the top and bottom of all stairs.
- ◆ Use lights with high-wattage bulbs to see more clearly.
- ◆ Install automatic lighting in areas of frequent activity to make nighttime safer.
- ◆ Keep emergency flashlights near the bed to help locate light switches and provide illumination in case of a power outage.
- ◆ When climbing or descending stairs, never hurry to pick up a phone or answer the doorbell.
- ◆ Remember the number of stairs and count each step when climbing or descending them.
- ◆ When carrying items, always keep one hand empty to grab on to something if support is needed.
- ◆ Remove electrical and phone cords from walkways.
- ◆ Place regularly used kitchen items where they are easily accessible.
- ◆ When using a ladder, always keep three points of contact with the ladder: two feet and a hand.
- ◆ Use a handheld showerhead to make showering safer and easier.
- ◆ Avoid carrying a heavy laundry basket or one with odd-shaped or large objects in it.
- ◆ For emergency purposes, keep a phone in the bathroom, attic, and laundry room.
- ◆ For emergency purposes, place a bag with a three-day supply of water and food, a contact list, a radio, a flashlight, a first aid kit, and medications near the home's exit.

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RSVP Advertising A New Fund Raising opportunity

Our Sponsor: The Sullivan County Legislature has voted to allow us to further serve our community....by providing and opportunity to offer advertising by local businesses, friends and family in our Annual Recognition Journal and our Quarterly newsletter "Senior Sullivanites".

We will be accepting advertising on the following flat rate schedule:

- A. Full page.....\$200.00***
- B. Half page.....\$100.00***
- C. Quarter page.....\$75.00***
- D. Business Card.....\$50.00***
- E. Booster.....\$15.00***



We will be accepting advertising for the 41st Annual RSVP Luncheon Journal beginning March 1st thru April 7th 2014. To get the message out about your business and to reach hundreds of seniors and their family in Sullivan County while supporting our RSVP volunteers help people in our community please consider advertising with us in our Journal and show your support for the RSVP program.

Sullivan County RSVP is sponsored by the Sullivan County Office for the Aging. Funded by the County of Sullivan,
the New York State Office for the Aging, and
The Corporation for National & Community Service.



We have a Winner.....

Evelyn VanDermark

**Of Thompsonville
Won the first Prize King /Queen
Afghan
Made by our very own**

"Silver Stickers"



RSVP

Please Clip and Save:

RSVP

Donation Form

Enclosed is a donation for:

Comments:

RSVP transportation RSVP Advisory

☐ Medical Transport

☐ General fund

☐ Home Delivered Meals

☐ Caregivers Respite

☐ Sullivan County
Transport

☐ EISEP

Amount of Your
Donation:

☐ \$5.00

☐ \$20.00

☐ \$10.00

☐ \$25.00

☐ \$15.00

☐ OTHER

Name

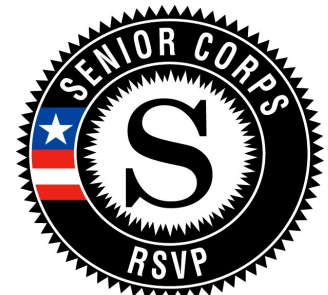
Address

Phone

Thank you for your Caring and Generosity!!
Sullivan County Office for the Aging &
RSVP Of Sullivan County



RSVP
Lead With Experience



The Value of the Contact... What can be said about the value of reaching out to another person who is in need ,homebound, alone and has nobody to talk with to receive a reassuring word or help when they might need it. In our county there is a vast group of people in that situation. ***YOU CAN HELP.***

Join our **Telephone Reassurance Program** ...You will help in providing isolated seniors a “friendly voice” and assist OFA outreach staff in maintaining regular contact with those seniors. **You can do it from your own home when it is convenient for you.** We are also looking for seniors who are in need of this service in our county ...***if you know someone please refer them to us.***

Your Voice can make a difference in someone's life! Call today to join or refer: 807-0251



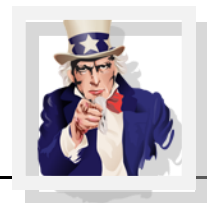
“Veterans for Veterans Program”

Veteran’s / RSVP Collaboration proposal:

1. Veterans will be recruited from the veteran’s administration and RSVP to transport other veterans to local medical appointments.
2. The veterans will transport **only** other veterans unless they request otherwise.
3. **All** transportation will be coordinated through the RSVP office.
4. The transport veterans will sign up as medical transport drivers and must be **55 + and live in Sullivan County.**
5. Any patient: veteran or otherwise referred to us **must be 60+** and have a **county ID card.**

All volunteers must be 55+ and a Sullivan County Resident.

Call us at 807-0241 to volunteer today!



We have Positions open in the following areas:

<u>Service area:</u>	<u>Provider(s):</u>
Medical Transportation Services	OFA/ RSVP
Telephone Reassurance	Do it from home!
Food Distribution / Collection/Homebound meals	A much needed service for frail, elderly homebound seniors.
Hospice / Terminally Ill	No classes scheduled to date.
Safety-fire Prevention / Accident Prevention	<i>Become a Driver training instructor for Free with AARP !</i>
Thrift Store	Noah’s Arc, (Monticello) ,United Way (Monticello), Orange Regional, CACHE (Liberty), Callicoon Thrift shop.
Museums and Education	Time and the Valley Museum (Grahamsville) Bethel Woods, Hurleyville Museum.

RSVP

Lead With Experience



32-Hour Basic Mediation Training

The DRC is presenting a 32-Hr Basic Mediation Training. While the training is designed to maintain and expand our mediator panel, we often have seats for out-of-county participants and welcome applicants.

TRAINING SCHEDULE: APRIL 28, 29, 30, MARCH 1, 2, 2014. 9am-5pm.

Orange County DRC: 3136 Rt. 207 Campbell Hall, NY 10916

BASIC MEDIATION TRAINING:

DRC has been providing mediation services and training in the Mid-Hudson Valley and Lower Catskill Mountain Region since 1982. The Basic Mediation Training is a prerequisite to joining the mediator panel and starting on the path to becoming a skilled practitioner. Volunteering your services as a mediator is a wonderful way to help your community while building your own conflict resolution skills.

WHO SHOULD TAKE THIS COURSE? This course is for anyone interested in enhancing their communication and conflict resolution skills. While the focus is on developing our volunteer mediator panel, the training is perfect for you if you're thinking of mediation as a new career or adding the mediation process to your professional skills.

ABOUT THE TRAINING: The training includes conflict theory and styles, active listening techniques, the mediation process, the role of the mediator, ethics and much more. The material will be presented through lecture, demonstration, practice and role plays. This training starts you on the path to becoming a skilled mediator. The lead trainer is Roz Magidson.

TUITION & SCHOLARSHIP: For residents of Orange, Putnam, Sullivan and Ulster Counties seeking to join the volunteer mediator panel, the tuition is \$250. For out-of-county residents and individuals interested in the training on a personal/professional basis only, tuition is \$850. Some scholarship is available on a case by case basis and youth (16 to 21 yrs), full-time students, seniors and the military will be given special consideration on a space available basis.

ANNUAL VOLUNTEER COMMITMENT: Joining the DRC's Mediator Panel first requires completion of the Basic Mediation Training. Then, successful candidates will be invited to complete the required "structured" apprenticeship program. To maintain active status once a member of the panel, mediators are required to complete a minimum of two mediations monthly and six hours of continuing education annually.

REGISTRATION: To reserve your place a \$100 non-returnable deposit is required. Payment in full must be received one week prior to the training start date.

For more information and registration: In Sullivan County call Jolynn Dunn 845/794-337 or email jolynnd@drcservices.org

OR:

Caryn Mathews, RSVP Project Director, OFA/ RSVP Project Coordinator
100 North Street , Monticello NY 12701
(845) 807-0251
Caryn.mathews@co.sullivan.ny.us



GET AHEAD OF YOUR ESTATE PLANNING

What you need to know about Estate Planning, why you may need a will and assigning a power of attorney. ~ CNN Money Report



Estate planning isn't just about how you want your assets distributed after you die.

It's about deciding how much you want to give away while you're still alive. If you plan carefully -- so you don't outlive your assets -- giving allows you to reduce your taxable estate and provide advance help to your beneficiaries.

1. An estate plan has several elements

A will; an assignment of power of attorney; and a living will or health-care proxy. For some people, a trust may also make sense.

2. Take inventory of your assets

Ask yourself these questions: Whom do you want to inherit your assets? Whom do you want handling your financial affairs and making medical decisions if you're ever incapacitated?

3. Everybody needs a will

A will tells the world exactly where you want your assets distributed when you die. Dying without a will also known as dying "intestate" - can be costly to your heirs and leaves you no say over who gets your assets.

4. Trusts aren't just for the wealthy

Trusts are legal mechanisms that let you put conditions on how your assets will be distributed upon your death. They also allow you to reduce your estate and gift taxes and to distribute assets to your heirs without the cost, delay and publicity of probate court, which administers wills.

5. Discussing estate plans with heirs may prevent disputes or confusion.

Inheritance can be a loaded issue. By being clear about your intentions, you help dispel potential conflicts after you're gone.

6. Two easy ways to give gifts tax-free and reduce your estate.

You may give up to \$13,000 a year to an individual (or \$26,000 if you're married). You may also pay an unlimited amount of medical and education bills for someone if paid directly to the institutions

7. Give charitable gifts that keep on giving.

If you donate to a charitable gift fund or community foundation, your investment grows tax-free and you can select the charities to which contributions are given both before and after you die.

WELCOME NEW VOLUNTEERS

*“We are so grateful for every heartfelt deed.
You make a difference to those in need”*

**Arlene Bidnick
Carole Black
Gerta Buehner
Kishasha Butler-Faronii
David Coon
Edna Coster
Tina Greenberger
Donna Harness
Leon Hilfstein
Patricia Kardash
Scott Lederman
Dianna Levine
Stephen Levinson
Susan Malool
Midge Maroni
Jean S. Maxson
Lorraine Miesner**

**Donald Miknis
Leonard Mott
John R. Ohrvall
Bernard "Bernie" Olf
Joyce Rubano
Dyana Scarano
Donna Schick
Jo-Carol Schoening
Michele Schwartz
Gloria Simms
Joan Spenser
Robert Sprague
Richard Stein
Lonnie Thomas
Vicey Thomas
CaneVelkovski**



To All Volunteers,
Thank you for making
traveling easy for me.
Sincerely,
Silvia Cobella
P.S. My initials are formed by
the vines.



Note and picture by:
Medical Transport
Senior:
Silvia Cobella

*“It was one of those March days when the sun shines hot and the
wind blows cold: when it is summer in the light, and winter in
the shade...” Charles Dickens*

DECIPHERING THE SYMPTOMS:

Symptoms of flu, cold, and allergies tend to mimic each other, which can cause you to make an incorrect diagnosis and to treat your ailments with the wrong medications. If allergies are left untreated, it can cause more serious conditions like sinusitis, ear infections, or even trigger your asthma.

Allergies

Nasal allergies occur when your nasal cavity becomes irritated and inflamed during exposure to an allergen. Unlike the flu or cold, allergies are not contagious. If you have a high temperature or an achy body, it is most likely the flu or cold rather than allergies. Common indoor and outdoor allergens include tree, grass and weed pollen, dust mites, animal dander, mold, and cockroaches.

Flu and colds

A flu or cold is commonly caused by a virus. You can get a flu or cold from another person who has the virus, even though you may be in good health. This happens when you breathe in germs or come in direct contact with the infected person. To prevent yourself from getting a flu or cold, get a flu shot every year, wash your hands, use a disinfectant, and be careful when sneezing and coughing around others.

THE DIFFERENCE IN SYMPTOMS

ALLERGIES

Symptoms: Usually cause runny nose, stuffy or congested nose, violent sneezing, wheezing, coughing, watery and itchy eyes.

Fever: There is no fever with allergies.

When: anytime of the year: spring, summer, fall or winter.

Warning: Symptoms begin almost immediately after exposure to allergens.

Duration: Symptoms last a long time, as long as you are exposed to the allergen.

FLU OR COLD

Symptoms: Usually includes runny nose, aches and pains, sore and scratchy throat along with sneezing and coughing.

Fever: if you have a fever it is more likely a flu or cold rather than allergies.

When: Most common in the winter, but are also possible in the fall, spring or summer.

Warning: Usually takes a few days for symptoms to appear.

Duration: Symptoms should clear up within a week. Rarely lasts more than 10 days.

"Senior Sullivanites"

RSVP Update:



Dear RSVP Volunteer,

During the holiday season, we are reminded of a timeless lesson: it is better to give than receive, more blessed to serve than be served. And our new Volunteering and Civic Life in America report shows that Americans embrace this idea... ***not only during the holidays, but all year long.***

The Corporation for National and Community Service (CNCS) issues this research every year in partnership with the National Conference on Citizenship. The research provides a wealth of information on volunteering and civic life, including trends and demographics for the nation, every state, and 126 cities. This in-depth "look under the hood" helps local leaders better understand volunteer dynamics and develop strategies to engage more citizens in meeting community needs.

CNCS new report shows that volunteering remains stable and strong across the United States, and has a strong pull across generations. Altogether, more than 64.5 million adults volunteered through an organization in 2012, for a national volunteer rate of 26.5 percent, essentially unchanged from the prior year.

Volunteers gave nearly 7.9 billion hours of service, worth an estimated \$175 billion, based on the Independent Sector's estimate of the average value of a volunteer hour.

We found that Americans commitment to volunteering spans across generations:

- Generation X volunteers (current age 32 to 48) are riding a long streak of volunteering increases, and they now have the highest volunteer rate of any age group.
- Not to be outdone, our seniors 65 and over are staying involved, contributing a median of 90 hours annually, a figure far above the level of the general population.

Volunteers are the giving heart of America, essential to our nation's social and economic well-being. They do hard but important work: helping people learn to read, helping to keep people in food and clothing, connecting seniors and veterans to needed medical services, and much... much more.

Volunteering also connects us with our neighbors and provides a chance to use own skills for the common good.

This spirit of generosity doesn't end with the time volunteers give. Research has found that volunteers are twice as likely to donate to charity as non-volunteers, with 8 in 10 volunteers ready to open their wallets for a good cause, compared to just four in ten for those who don't volunteer.

All of this is great news for our local nonprofits, our community, and our country, and says so much about the nation in which we are blessed to live.

This time of year is often when we reflect on the past year and set our goals for the next. Given all the good it does for you and our community, ***resolve to make volunteering a part of your life in 2014.***

Warmest Regards,

Caryn Mathews

RSVP Project Director Sullivan County Office for the Aging

County of Sullivan Office for the Aging & RSVP Program

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Fax: (845)- 807-0260

E-mail: caryn.mathews@co.sullivan.ny.us

Caryn Mathews

Project Director/

Program Coordinator OFA

Visit us On the Web at:

<http://co.sullivan.ny.us/Departments/>

OfficefortheAging/

RSVPRetiredSeniorVolunteerProgram/tabid/3604/

Default.aspx