



AmeriCorps Seniors

The RSVP Gazette

Retired & Senior Volunteer Program of Broome County

Live Life Passionately... Volunteer

"The best way to find yourself is to lose yourself in the service of others." – Gandhi



Hello all and hello fall!

CNCS launched our new identities as **AmeriCorps** and **AmeriCorps Seniors** to tell a simpler, more unified story of service.

We are excited about our rebranding as **AmeriCorps Seniors**. Look for public service announcements and promotion of **AmeriCorps Seniors**.

RSVP has launched a new program called the **GAB Program**. GAB stands for **Good Afternoon Broome** and is a social connections phone call program offering companionship for older adults. Healthy Aging includes being connected to others. See the flier in this newsletter for more information.

We mailed our annual volunteer survey and look for you to return it to us. The survey helps us too improve our service to you and keep in communication with our volunteers.

We have signed up 21 new volunteers in 2020. Spread the word and share the joy of community involvement. Encourage a friend to register and volunteer.

Stay well! We look forward to seeing you, hopefully soon!



September 11th National Day of Service and Remembrance

Since September 11, 2001, millions of Americans have come together with a common purpose to honor 9/11 and commemorate the tragedy through volunteer service. CNCS encourages friends, neighbors, classrooms, churches, businesses, and other community organizations to plan their own service project that matches their interests and availability, and safely meets the needs of their community.

Broome County RSVP volunteers collected over 50 Sunshine cards and children's pictures for residents of Willow Point Nursing Home as they were hit hard by the COVID 19 Pandemic. The lovely cards and pictures are sure to brighten up the recipient's day. Thank you to all who wrote a nice card and colored pictures. The photo below shows the cards/pictures sent with love.





Earlier this fall, the federal agency responsible for AmeriCorps and Senior Corps programs, the Corporation for National and Community Service officially became 'AmeriCorps' in the first major update to the agency's identity in a quarter century. As part of this rebranding initiative, all national service programs are united under a unified AmeriCorps identity and promoted under the AmeriCorps or AmeriCorps Seniors banner. This effort streamlines opportunities to serve for all Americans, at a time when their help is needed most.

AmeriCorps, a federal agency, brings people together to tackle the country's most pressing challenges, through national service and volunteering. AmeriCorps members and AmeriCorps Seniors volunteers serve with organizations dedicated to the improvement of communities. AmeriCorps helps make service to others a cornerstone of our national culture. Learn more at AmeriCorps.gov.

The Retired Senior Volunteer Program (RSVP) is the largest older adult volunteer program in the nation. RSVP recruits, trains, and places older adult volunteers (age 55+) in a host of community-based human service agencies. Service opportunities are as diverse as the communities in which volunteers serve and include areas such as health promotion and wellness; assistance to frail and vulnerable older adults through home-delivered meals as well as cross-generational efforts in tutoring and mentoring children. RSVP volunteers choose how, where, and how they want to serve, with commitments ranging from a few hours to 40 hours per week.

RSVP of Broome County

232 Main Street Binghamton, NY 13905

Phone: 607-729-9166 E mail: dkerins@ccbc.net or GMcAndrew@ccbc.net

Live Life Passionately... Volunteer



Tai Chi for Health

Free Tai Chi Program to improve immunity and relieve stress

Developed by Dr. Paul Lam, Tai Chi for Rehabilitation, is offered for free online during the COVID 19 crisis.

Go to the website: **taichiforhealthinstitute.org** for more information and other tai chi programs. Sign up for the newsletter for interesting reading!

Tai chi has been proven by medical science to improve immunity and reduce stress and improve virtually all aspects of health. This is a good time to share this wonderful message for the present challenge and for the future.

Four Types of Exercise Can Improve Your Health and Physical Ability

Most people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility. Each one has different benefits. Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and risk of injury.

Endurance

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the

health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball

Strength

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength “strength training” or “resistance training.”

Balance

Balance exercises help prevent falls, a common problem in older adults that can have serious consequences. Many lower-body strength exercises also will improve your balance. Exercises to improve your balance include Tai Chi, a “moving meditation” that involves shifting the body slowly, gently, and precisely, while breathing deeply.

Flexibility

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway.

From the National Institute on Aging



Good Morning Broome Telephone Reassurance Program

Good Morning Broome is a telephone reassurance program for elderly Broome County residents who live alone. The participant receives a call Monday thru Friday, between 8:00 am and 10:00 am from a trained RSVP volunteer. Good Morning Broome is a free service provided by the Retired & Senior Volunteer Program. Participants must be a resident of Broome County, an older adult living alone and agree to receive a daily phone call.

Testimonial letter

To the RSVP volunteers who serve in the Good Morning Broome Program,

I joined the Good Morning Broome Program after an accident left me with a fall risk and significant limitations. Life quickly became different. My family is gone and a dear friend came and stayed to be of assistance. That friend eventually died of cardiac failure leaving me with both grief and vulnerabilities. I stepped Good Morning Broome. Your efforts allow me to remain at home and provide a safety net for me. And though I receive a call to say hello and see if all is well, I usually receive more. Sometimes I learn a bit of local history or a glimpse of the caller's yesteryears. I've picked up a recipe or two or an idea for living. I've been reminded to eat a balanced breakfast and asked what my plans are for the day. So thanks, for who you are and what you do. You make a difference!

For more information call RSVP at 729-9166 and ask for Gloria.

Volunteer Opportunities

Food Pantry Volunteers

Volunteers are needed to assist clients at the food pantries, located in Binghamton and Endicott. Volunteers work with clients and stock shelves. Additional volunteers are needed to unload trucks.

Red Cross

Volunteers are needed as schedulers, Blood Drivers and as Canteen Volunteers. Opportunities are flexible. Other volunteer jobs are available as well. Contact RSVP to connect with these opportunities.

Broome County Office for Aging, Meals on Wheels

Deliver meals and act as a friendly visitor. Volunteers deliver nourishing meals to Meals on Wheels participants Monday-Friday. As volunteers deliver meals, they provide a check on each participant's well-being.

Mentor Now Program

City of Binghamton Schools. Mentor a child virtually each week for the school year. Call for more information.

St Patrick's Church and St Cyril's Church

Volunteers are needed to distribute food and clothing.

Sunshine Cards for nursing home residents

Mail completed cards with a friendly note to RSVP for MLK Day of Service



Good A Afternoon B Broome

Let's GAB !

Social Connection Telephone Program for Older Adults



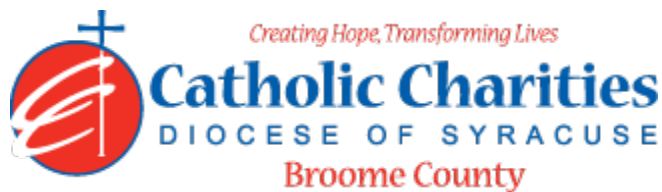
Sponsored by: The Retired & Senior Volunteer Program (RSVP)

Call RSVP for information/registration at: 607.729.9166

Would you like a phone friend to talk with once or twice a week?

The GAB program offers companionship during this unprecedented time.

Healthy Aging includes being connected to others and reducing social isolation





Retired & Senior Volunteer Program (RSVP)

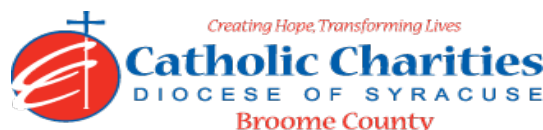
The Martin Luther King Jr. holiday on Jan. 18, 2021, marks the 26th anniversary of the day of service that celebrates the Civil Rights leader's life and legacy. Observed each year on the third Monday in January as "a day on, not a day off," MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities.

Join RSVP and participate in MLK Day as we collect and send cards to RSVP, for residents in area Nursing Homes. The card drive is a lovely way to say "Hello" and to let someone know that s/he is being thought of.

A simple note may say something like, "Hi! My name is Anne and I wanted to say hello and hope you have a good day! To honor MLK we are sending cards to share kind thoughts and warm regards." Sharing your personal well wishes and possibly an interesting fact/hobby about yourself will truly brighten someone's day. You can also share your "dream" for our world.

Mail ***Sunshine, Hello, Thinking of You cards*** by 1/15/21 to:

RSVP
232 Main Street
Binghamton, NY 13905
ATTN: MLK Day





RSVP Annual Volunteer Recognition Event

We are pleased to appreciate your volunteer service with a gift card for a coffee and donut!

Thank you for all you do!

Please return the signed RSVP Volunteer survey to us.

This is documentation for us that you received the gift card! Thank you!

RSVP ADVISORY COUNCIL

Thank you to our Advisory Council



Elaine Columbus, Vikki Collazo, Amy Fleming, Sheriff Harder, Diane Kunzman, Rebecca Morales, Karyn Palmer, Mary Roma, Deb Stuart, Alycia Kimmel, Jacqueline Sykas

If you would like to join our RSVP Advisory Council beginning 2020, please call the RSVP office at 729 – 9166 and ask to speak to Gloria or Deb. The RSVP Advisory Council meets 5 times per year, to support the RSVP Program

Retired & Senior Volunteer Program

Wishes to thank all of our volunteers!

You inspire us everyday





NY Connects is a trusted resource that provides free information and assistance on long term care, administered locally through a partnership between the Area Agency on Aging and the Local Department of Social Services. NY Connects is part of a national movement establishing Aging and Disability Resource Centers in each state to assist in long term care reform.

NY Connects

**Your Link to Long Term Services and Supports
Of Broome County
(800) 342 – 9871 (607) 778 – 227**

Broome County Office for Aging Senior Resource Line

Connects people to community services and programs.

Call the Senior Resource Line at 778 – 2411

Weekdays from 8:30am – 5:00pm

Website: www.gobroomecounty.com/senior

Check out the monthly Senior News!

Need Help? Dial 2-1-1



Real People

Real Answers

Real Help

Or dial: 1 -800-901-2180

www.firstcallforhelp.info

Susquehanna River Region

Get Connect. Get Answers.

Elder Abuse Prevention

The U.S. Census Bureau, shows that 17.5 % of the population in Broome County is 65 years of age or older. As adults age, they can become more vulnerable to being taken advantage of, abused or mistreated, neglected or the victim of financial exploitation. Financial exploitation is the fastest growing form of mistreatment of older adults in New York State. Often the perpetrator of the exploitation is a family member.

Are you or do you know someone who is:

- Being taken advantage of financially
- Afraid of someone in their home or family
- Unable to get needed food, clothing, medications they need or money
- Bruised or injured
- Isolated
- Not allowed to use the phone or contact whomever they choose
- Seems afraid to speak out
- Threatened or humiliated by someone close to them
- Being pushed, hit or slapped

These are just some examples of a person who maybe being victimized or exploited. If you would like to find out more about abuse of older adults or would like to share some concerns you may have about an older adult, call the Broome County Office Aging at 607-778-2411.

This information is brought to you by the Broome County Family Violence Prevention Council's Elder Abuse Prevention Committee.

Knowledge is Power

TRANSPORTATION: Seniors and caregivers can get answers to transportation questions, assistance with travel planning and group or individual travel training. Call the toll-free **GetThere Call Center** to reach staff that is well versed in the area's transportation options - 1-855-373-4040.

New Yorkers can call the **COVID-19 Emotional Support Hotline** at 1-844-863-9314 for mental health counseling.

Action for Older Persons: 607-722-1251

Offices closed to the public, but available over the phone or through their website

Call or send a message via their

website: <https://actionforolderpersons.org/contact/>

Sign up for email Coronavirus updates from NY Governor

Cuomo <https://now.ny.gov/page/s/coronavirus-updates>

Crisis Hotlines/Hotlines

- Crime Victims Assistance Center (CVAC) Hotline - 607-722-4256
- *Domestic Violence through RISE - 607-754-4340 or 877-754-4340
 - *MHAAT Peer Support Warm Line - 607-240-7291
 - Suicide Prevention Life Line - 800-273-8255
 - Veterans Crisis Line - 800-272-8255 & Press 1
- Catholic Charities Food Pantries – 607-729-9166

“Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love”

– Martin Luther King, Jr



RSVP of Broome County

232 Main Street Binghamton, NY 13905

Phone: 607-729-9166, Fax: 607-584-4667

RSVP is sponsored by Catholic Charities of Broome County

Project Director: Debra Kerins Email: dkerins@ccbc.net

Volunteer Coordinator: Gloria McAndrew Email: GMcAndrew@ccbc.net

