



RSVP BULLETIN

Summer 2005

The Retired and Senior Volunteer Program of S.W.CT.

COMMUNITIES SERVED

Darien
Greenwich
New Canaan
Norwalk
Stamford
Weston
Westport
Wilton

Message From the Director, Teri Klein Annual Recognition Luncheon

Our 31st Annual Recognition Luncheon was a very successful occasion. Over 200 volunteers were honored for the over 35,000 hours of community service they have contributed to our communities this past year.

A special Lifetime Achievement Award was given to six volunteers who have completed more than 4,000 hours of service since joining RSVP. This award went to Eleanor Hart, Mary Tanner, Elsie

Vasale, Molly Small, Doris Allegrini and Anna Young. Anna also received special recognition for obtaining more than 100 gift certificates from local businesses. Presidential Volunteer Service Awards, of Bronze, Silver and Gold were also distributed to our volunteers representing many hours of service contributed to local agencies. Congratulations Everyone.

A special appreciation to all the community organizations which made this event possible.

Special Outstanding Volunteer Award

Doris Allegrini was honored by the Volunteer Action Center of Mid Fairfield at a reception of the Human Service Council. She was recognized for her work instructing knitting classes at Kingsway Apartments and the Darien Senior Center. Under her weekly guidance for more than eight years, seniors have created and donated thousands of hand crafted items for children and adults in need in Fairfield County.

Welcome Caterina Sullivan - RSVP Outreach Coordinator

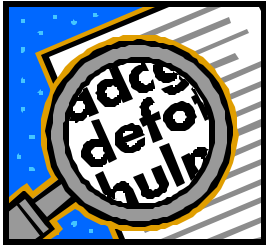
We are pleased to introduce Caterina as our new Outreach Coordinator. Caterina also volunteers with the American Red Cross of Greenwich, CT and was responsible for developing new materials and procedures for the Disaster & Emergency Services and the Language Bank. She has a MA in Intercultural Relations from Lesley University. Caterina has demonstrated her computer abilities

by revising our Annual Assessment of Worksite programs.

She has initiated a Reading tutoring program in Norwalk schools, and community sites which will be expanded in the fall. She looks forward to visiting our worksites, meeting our volunteers and actively working to recruit new volunteers to meet community needs. Caterina can be reached at 899-2443 or emailed at CSullivan@neon-norwalk.org.

RSVP Volunteer Survey

Seventy-five percent of our volunteers who completed the survey distributed at our annual luncheon were satisfied with their volunteer work. We are glad you feel appreciated and recognized. We value the work you are doing in Southwestern CT. A recent study in the Journal of Gerontology 2005, finds that "the more people give support to others, the healthier their physical condition. "Keep up the good work, it is helpful to everyone!"



New Volunteer Opportunities

Norwalk Museum - Be a museum guide for the Norwalk Museum. Volunteers are needed to help and guide visitors at the museum. Volunteers are needed Wednesday through Sunday, 1-5 pm. Orientation and free parking is available for volunteers.

Reading Crews - Reading Consultants provide one-on-one reading time during **Carver's** summer camp. Volunteers must be available to come in at least once a week. Camp runs from July 5th to Aug. 12th. Volunteers also needed for "Read-Alouds" at **Norwalk Housing Learning Centers**.

American Red Cross



- ✍ **Mid-Fairfield County Chapter** – Volunteers are needed to help with the blood drives, staff the canteen, help with registration, escort donors, etc. Special Event volunteers are also needed on a short term basis.
- ✍ **Greenwich Chapter** - Volunteers are needed in all areas of services, from disaster services to transportation to special events. Training is provided.

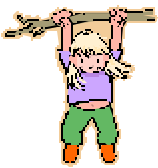
Silver Hill Hospital - Different opportunities available. From office work to gardening to assisting in the gift shop. Opportunities are tailored to the volunteer interests. Orientation and training is provided.

STAR – Volunteer waiters or waitresses needed at the STAR Café at the Darien Sport Shop. M-Sat 11:30-3:00 pm

Call the office for more information. We always have new opportunities available

Ongoing Volunteer Opportunities

Darien Welcome Center - Volunteer as a Travel Counselor at the Darien Welcome Center. Provide information and hospitality services to travelers and promote tourist attractions in Connecticut. Travel assistance varies from simple travel questions to computer searches. Training is provided as well as day trips to places of interest and events in CT. A generous mileage reimbursement is offered.



Norwalk Tree Alliance - Help inventory Norwalk's City trees. Learn how to identify and categorize trees. Help gather data to assist the city establish a tree management program. Work outdoors in teams of three. Training provided. In addition, you help identify historical trees and sites for needed tree plantings.

Mailing teams - Fill envelopes, label and other clerical duties in different organizations.

Knitting teams - Knit scarves, hats, blankets to be distributed to different organizations in the community.



Norwalk Town Hall - Greet and assist residents of Norwalk

Friendly Connections - Become a friendly caller and chat one-on-one with a senior. Phone call will help a homebound senior stay involved. Share interests or teach a class via telephone network contacts. Hours are flexible. May volunteer from home.



Friendly Shopper/Visitor - Assist homebound elderly with a friendly visit or by grocery shopping in Stamford.

The New England Pension Assistance Project

The New England Pension Assistance Project, which is funded through a grant from the U.S. Administration on Aging, provides counseling and case investigation to clients with private and public pension problems. We help individuals with pension problems by explaining their options, investigating their cases, and helping them to pursue their claims for benefits. Since 1994, the Project has assisted more than 3,500 people and obtained benefits valued at almost \$25 million.

Our office can assist individuals who have been denied pension benefits, who are receiving less than they are entitled to, who are unable to locate a lost pension, as well as with other issues regarding pension eligibility.

For more information about the Project, visit our web site at www.pensionaction.org. If you have questions or concerns about your pension, call our toll-free telephone number at 888-425-6067.

Wish List

Fabrics- preferably cotton or terrycloth to be made into bibs for the Department of Mental Retardation and cotton quilts for children in need.

Reporting Your Hours

1) Please remember to have your time sheet filled out and signed by the supervisor at the work site where you volunteer and send it to us.

2) If you serve in more than one capacity, we may not be aware of all the places you are volunteering. Let us know where you are working. Please fill out the information below and return it to us. It is fine to credit your volunteer hours to different groups



It is helpful for RSVP to document all your important volunteer work. These records prove to the community and nation that volunteers 55 and over are a great contributing resource. Any questions please call Teri at 899-2441 or Caterina at 899 2443. Thank you!



Your Name: _____

Your Phone Number: _____

Agency/Organization _____

Agency Contact Name _____
(If available)

Agency Phone Number _____
(If available)

Re: reporting volunteer hours and worksites

"For the Children

By Nancy Zengo - Director - Darien Senior Center

Be patient with me if I forget a word
Or repeat a story you've already heard
Be patient with me if I walk very slow
Or don't remember a person I already know
Be patient with me if I telephone at night
And tell you of my loneliness and of my fright
Be patient with me when you come for a visit
And "out of the blue" I ask "what time is it?"
I was patient as I held your hand
And we picked flowers over the land

I picked you up when you fell down
I wiped your spills without a frown
I kissed and hugged you a thousand times a day
I wiped your tears in a gentle way
I quieted you in the night
When you awoke with a dream full of fright
I loved and love you with every bit of my heart
I hope my patience endured right from the start
Be kind and loving and grow older along with me
I know that the best for you is yet to be.

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