



A PROGRAM OF CATHOLIC SOCIAL SERVICES OF WASHTENAW COUNTY

RSVP QUARTERLY NEWSLETTER

Winter 2018



THANK YOU RSVP VOLUNTEERS!

As of our print date, 277 RSVP volunteers reported serving 35,974 hours at 41 nonprofits in Washtenaw County during 2017. At the current Independent Sector rated value of a volunteer's time, that equates to an investment of \$868,412 into our community by RSVP volunteers.

Congratulations!

RSVP VOLUNTEER ICE CREAM SOCIAL



Bill Yaeger & Dorothy Bredernitz

More than 80 volunteers and their guests came together to celebrate another year of service through RSVP at the Ice Cream Social on Thursday, September 14th! Participants enjoyed inspiring words from the CSSW Leadership team. With 41 generous local donors, the raffle was a huge success! Donated items included gift certificates from restaurants and grocery stores, overnight hotel stays, food items, theater admission tickets, pet store items and more. Attendees were treated to deliciousness from Go! Ice Cream in Ypsilanti, including hand-made vanilla, chocolate, and apple-pie ice cream. Mmmm.

Wishing Our
RSVP
VOLUNTEERS
A HAPPY
2018



Enjoying Go! Ice Cream



Bette Rae & Elsie Reynolds



Edna Smith

WELCOME ANDREA! AN INTRODUCTION FROM OUR NEW VOLUNTEER COORDINATOR

I am beyond excited to be the Volunteer Coordinator of RSVP at Catholic Social Services of Washtenaw! Working with seniors has always been my passion, and I have truly enjoyed my previous work with older adults in nonprofit and independent living settings. For me, matching senior volunteers with those in need is an ideal way to make the greatest impact on our community. This year, I look forward to collaborating with volunteers, volunteer coordinators, and staff members to improve our program. I'm excited about the innovative changes on the horizon.

I hope you, your coworkers, family, and friends had a lovely holiday season filled with joy and meaning. I'm looking forward to new opportunities for increasing senior volunteering in 2018!



DOING GOOD AROUND THE COUNTY

JOYCE & ROBERT "BUD" FREYSINGER CHELSEA COMMUNITY HOSPITAL

Joyce Freysinger has been a volunteer at the St. Joseph Mercy Chelsea Community Hospital since 1996, and **Robert "Bud" Freysinger** has been a volunteer since 2008

Joyce served in the office for many years and is currently an information desk volunteer. Robert began his new service as a patient advocate in December, after serving for 9 years in materials management. Joyce and Bud have been married for 67 years. Their large family of 10 grandchildren and 16 great-grandchildren motivates them to stay active.

"There isn't a person I don't smile at. I think making someone smile is what volunteers are meant to do," said Joyce. Robert states, "There's always a need for volunteering, filling a slot that goes unattended." While volunteering, Bud thanks veterans for their service and gives them his hand-made star patches. They suggest that anyone thinking about volunteering with RSVP should try it. "It's fulfilling and enjoyable. There is something new every day."



Joyce & Robert Freysinger

Patricia Holt retired from the county court in 2011. The following year she had bariatric surgery and donated no longer needed clothes to The House by the Side of the Road. This opened her eyes to new opportunities.

PATRICIA HOLT HOUSE BY THE SIDE OF THE ROAD BABY/TODDLER SECTION SORTER



Patricia Holt

"I found I had a desire to serve in the community, following my retirement. What I enjoy most is so many people come through, each with a different story. One recent story was a gentleman who was recently released from prison. All he had was a small toothbrush. I told him I can do better for you, so I gave him toothpaste, floss, and a regular size toothbrush. He was so thankful and said, 'God bless you.' Those are the kind of things that are rewarding to me."

Today, Patricia is in charge of organizing clothes in the infants section and absolutely loves it. Being a volunteer has kept her active. "I knew when I retired I just didn't want to be sitting at home doing nothing. Being an RSVP volunteer is rewarding and enjoyable. RSVP does a nice job supporting and recognizing us volunteers."

RSVP Friend For Good Referral

Be rewarded for every friend who joins RSVP!

For every volunteer you refer and upon completion of their first month Blue Time Sheet, you will receive a RSVP "surprise" prize!



DOING GOOD AROUND THE COUNTY

MIKE MORBITZER **FOOD PANTRY** **SOS COMMUNITY SERVICES**

Mike Morbitzer retired from Ford Motor Company 23 years ago, and he thinks volunteering is a good way to use his time, meet people, and give back to the community. He loves volunteering at SOS Community Services.

"Management is very supportive." Mike explains. "They train volunteers well. At the food pantry I enjoy assisting customers. Being here, I know I'm helping people truly in need. I first heard about RSVP from Volunteer Match, a volunteer opportunities website. What is really nice about RSVP is that they really have a long list of opportunities and they are helpful when matching someone's interest with the needs of the community. Being part of RSVP makes me feel supported knowing I can go to them. If a person is trying to decide whether or not to join RSVP as a volunteer, I say pursue it! Being a volunteer, hours are flexible and you don't have to be there forever. It's good to try other opportunities as well."



Mike Morbitzer

Ava Ohlgren, Food and Volunteer Coordinator, SOS Community Services shared her thoughts about Mike, who recently received the SOS Volunteer of the Year Award: "Mike started volunteering back in August of 2014. Since then he has volunteered over 1300 hours to SOS. He comes every Monday to help unload the truck, and also distributes food for ten-hours a week at SOS. He has become our most dependable volunteer, and having volunteers like Mike helps to create a culture of pride among volunteers. He engages and works well with the clients and has created relationships, where if he is missing for a day they are asking about him. He helps to train new volunteers and adapts well to each day and change in the pantry. There have been days when Mike is the only person available to unload the food truck, along with the coordinator and maybe one other volunteer. Those days are tiring, but he never complains, and he works until everything is completed. We truly appreciate all that he does for SOS and the local community."

Judy Parker had this to say about volunteering: "I love volunteering for Meals on Wheels and Aid in Milan. I have been an active RSVP volunteer for several years now. I noticed RSVP covered a service area of opportunities that were close to home. My husband, Gordon, and I enjoy providing meals to those in the Milan area. Currently, I make and

JUDY PARKER **MEALS ON WHEELS** **FOOD PANTRY** **MILAN SENIOR CENTER** **AID IN MILAN**

package up the salads, desserts, put coffee on, and help out where needed."



Judy Parker

When Judy volunteers with Meals on Wheels they deliver around 30 meals to people. "It can get crazy in here at times. If it wasn't for Beverly, our supervisor, we would be disorganized."

Judy feels that her life has been blessed. "It's nice to know that we are giving back to our community. RSVP has been so generous with us volunteers. We love attending the annual recognition events and seeing what other volunteers are doing throughout the county. I know they are always here to support us as we continue our service work."

Continued on Page 4



DOING GOOD AROUND THE COUNTY

Continued from page 3

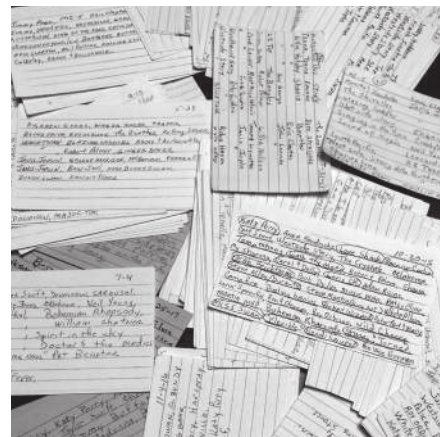
TOM PASTULA IVCP CATHOLIC SOCIAL SERVICES

Tom Pastula is a humble RSVP volunteer who has been serving with IVCP for 5 years. Tom talked about his volunteer experience and what it means to him: "My client has global aphasia. As I got to know what he responds better to, he really enjoys when I play music from YouTube." Global aphasia is a type of aphasia that happens after a stroke. It is a severe form of nonfluent aphasia that affects receptive and expressive

language skills as well as auditory and visual comprehension.

"Since the first week of volunteering, I found that using and saving index cards helps me to go back and reflect on an activity or song that really made him light up with joy," Tom explained. "When I go every week and do these activities with him, it makes me feel good knowing that I can make his day brighter and also knowing I can give his wife a needed break."

Allison Ranusch MA, IVCP Coordinator, had this glowing review: "Tom has been visiting his companion for 3 hours, 1 day a week for several years now. His companion's wife has shared with me that Tom and her husband have cultivated a great friendship over the years. As a volunteer, Tom is enthusiastic, reliable, and dedicated to supporting his companion's caregiver and making sure the time he spends with his companion is enjoyable. Tom has shared with me that his companion loves all types of music so they spend much of their time looking up songs on YouTube and enjoying the songs and each other's company. The Respite Care Program is very lucky to have Tom as a member of the volunteer team!"



DAWN'S SAFETY CORNER

By Dawn Vogel
Director Home Services CSSW

Along with wishing everyone a happy and safe 2018, the staff of Home Services at Catholic Social Services Senior Services Washtenaw would like to take this opportunity to remind everyone to pay special attention to seasonally-related home safety risks at this time of year.

Some simple steps can prevent most heating-related fires. Keep in mind the following:

- Make sure you have a smoke alarm on every level of your house, inside bedrooms and outside sleeping areas of your home. Test smoke alarms every month. If they're not working, change the batteries. Replace all smoke alarms in your home every 10 years.
- Talk with your family members about a fire escape plan and practice the plan twice a year.



- Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Never use your oven to heat your home.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep that metal container a safe distance away from your home.



15 UNEXPECTED BENEFITS OF VOLUNTEERING THAT WILL INSPIRE YOU

By Joanne Fritz

www.thebalance.com

We know that volunteering makes us feel good, but do you know there can be countless benefits that could improve your wellbeing? Volunteering makes an impact on others, including yourself and our immediate social networks. Volunteering...

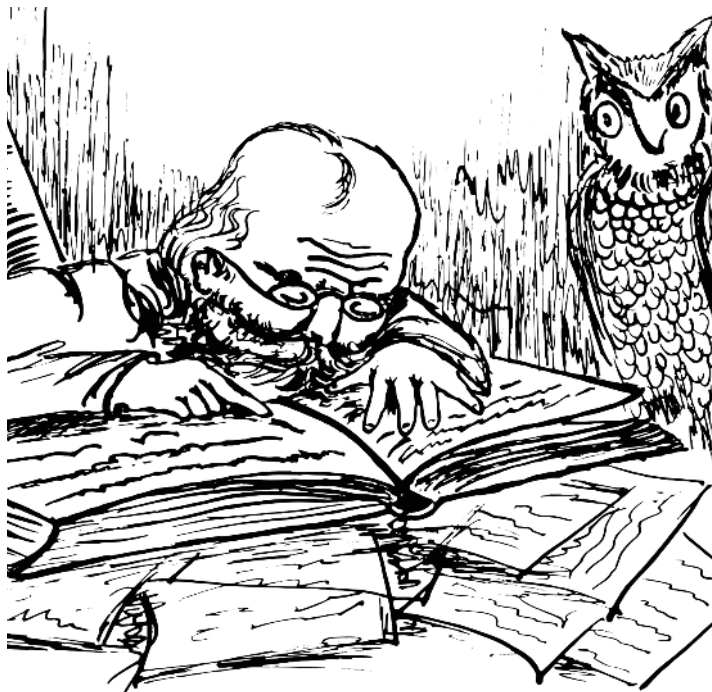
1. Builds Community According to the Corporation for National & Community Service, when you volunteer your strengthen your social network.

2. Ends Loneliness According to research, close to 45% admit to feeling lonely in the U.S. and the UK. One of the best ways to reverse this is to volunteer! Make new friends!

3. Increases Socializing From Psychology Today, benefits of consistent socializing include better brain function and lower risk of depression and anxiety.

4. Builds Bonds Volunteering creates stronger bonds between friends, family and coworkers, as more powerful attachments occur when people work together.

5. Develops Emotional Stability Persons with Depression, Post-Traumatic Stress Disorder, Low Self-esteem, or even Obsessive Compulsive Disorder have all been helped by volunteering. Volunteering gives these people an increased sense of purpose and a greater sense of connection to others.



6. Improves Self-Esteem Volunteering could be life-changing for young adults struggling with self-esteem issues. Volunteering helps develop confidence and feelings of self-worth.

7. Helps Those Most Affected By Mental Illness On a basic level, volunteering reduces stress and improves well-being. Some programs help war veterans recover from PTSD when they volunteer at animal shelters. Dogs are man's best friend, but helping those in need proves to be beneficial for both humans and canines.

8. Promotes Longevity One report states that people who volunteer over 100 hours a year are some of the healthiest people in the U.S.

9. Reduces Risk of Alzheimer's Some research has shown that people who volunteer may be at a lower risk of developing dementia from 65 years on. As volunteers age, any social interaction improves elasticity in the brain—something that breaks down in persons with Alzheimer's.

10. Lends to Graceful Aging Studies indicate that senior volunteers experience the most physical benefit from their service, possibly because being active and engaged leads to more happiness.

11. Burns that stubborn Belly Fat Volunteers live longer and are more likely to take care of themselves in general, including getting vaccinations and keeping their weight under control. The risks associated with less daily movement include back pain, disease, obesity, and more stress and mental illness. When we volunteer, even if it is not a physically demanding project, we still get up and get moving.

12. Improves School and College Experience Not only for young adults, volunteering builds social skills and develops awareness. It could also result in a fantastic job offer.

Continued on page 6



Continued from page 5

13. Provides Better Job Prospects Other generations besides Millennials find that their volunteer hours make them competitive in the job market. Employers look favorably on job applicants who have volunteered.

14. Develops Corporate Communities Today, big corporate companies like to create employee volunteer programs to support their philanthropic efforts and to retain employees. Some companies even encourage employees to commit a certain number of hours every year to service programs. Programs like these can increase a person's desire to volunteer during their personal time.

15. Volunteering Adds Fun to Your Years One volunteer's efforts can make a difference in the community. The best part is that when you volunteer, you can improve or develop new skills, make new friends, and lead a healthy lifestyle. What are you waiting for? Start volunteering today!



HEALTHY U RECIPE

Alton Brown's Lentil Soup (Vegetarian) www.Food Network.com

Ingredients:

- 2 tablespoons olive oil
- 1 cup finely chopped onion
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped celery
- 2 teaspoons kosher salt
- 1 pound lentils, picked and rinsed
- 1 cup peeled and chopped tomatoes
- 2 quarts chicken or vegetable broth
- 1/2 teaspoon freshly-ground coriander
- 1/2 teaspoon freshly-ground toasted cumin
- 1/2 teaspoon freshly-ground grains of paradise

Directions:

Place the olive oil into a large 6-quart Dutch oven and set over medium heat.

Once hot, add the onion, carrot, celery and salt and sauté until the onions are translucent, approximately 6 to 7 minutes.

Add the lentils, tomatoes, broth, coriander, cumin and grains of paradise and stir to combine. Increase the heat to high and bring just to a boil.

Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes.

Using a stick blender, puree to your preferred consistency. Serve immediately.





CURRENT VOLUNTEER OPPORTUNITIES

Be rewarded for every friend who joins RSVP. For every volunteer you refer and upon completion of their first month Blue Time Sheet, you will receive a RSVP "surprise" prize! Opportunities available in your Area: Ann Arbor, Chelsea, Dexter, Manchester, Milan, Saline & Ypsilanti.

Be a Friend to a Senior by providing one-on-one companionship for a couple hours a week to relieve a family caregiver through the Interfaith Volunteer Caregiver Program (IVCP).

Be a Program Assistant and enrich participants' well-being through various activities conducted at The Oaks Adult Day Program. Lead a project, share your talent (e.g. music, photography, decorating), and do so much more!

Become a MMAP (Medicare/Medicaid Assistance Program) Counselor to help Medicare beneficiaries who have questions about Medicare, Medicaid, Medicare Supplemental Insurance, Medicare Part D enrollment, Long-Term Care Insurance and other related issues. Volunteers are trained (6 day training), certified, and supported.

Meals on Wheels Food Deliverers & Drivers Engage with residents in Washtenaw County as you help deliver meals to their home.

Be a Tool Time Tuesday Volunteer Lend a hand to seniors so they are able to remain independent in their home. Install smoke alarms, carbon monoxide detectors, bathroom devices (raised toilet seat, shower chair, grab bar, etc.), repair screen doors, change hard to reach light bulbs and do so much more! Give 2-6 hours on Tuesdays.

Be Supportive to Veterans as an RSVP Volunteer Socialize with hospitalized veterans while leading and assisting various activities such as art projects, listening to music, playing cards, chess, and so much more!

RSVP works with 40+ nonprofits throughout the county. Contact us for information about additional service opportunities such as:

CIRCLES Mentors needed at Friends In Deed.

Docents needed at the Ypsilanti Historical Museum.

Front Desk volunteers needed at SOS Community Services in Ypsilanti.

Technology Mentors needed at the Turner Senior Resource Center to assist older adults 1-2 hour sessions/week mentoring on how-to basics for smartphones, tablets, cameras, computers, and Microsoft programs (Excel).





VOLUNTEER BONANZA

Complete the following Word Search to be entered in a drawing to win an RSVP give a way! All entries must be submitted to our office by **February 15th**.

H E A L T H Y X P T K V P B E
P M D A E N O N P R O F I T V
X X E H Y W B D F L U R H S R
M O L E M R C O U N C E S H E
S N O I T C E N N O C S D C S
I E N D V S T W M D U P N L G
U D G N E E E M A M V E E V M
R W E B E L U F S R R C I C I
T R V R V N I S L E D T R Q G
L M I Z I C E V F E S I F R G
A N T T A N X F E U S H N J I
G D Y R D Y I G R R S V P G V
N Z I N R D Y T I V I T C A E
P N I T I M M O C I C T F D D
G K P Z X S Q W T Y V T U B W

- | | | | |
|-----------|-------------|-----------|--------------|
| ACTIVITY | CONNECTIONS | KINDNESS | SELF-ESTEEM |
| ALTRUISM | DELIVER | LONGEVITY | SERVE |
| BOND | DIFFERENCE | NONPROFIT | TRUST |
| CARING | FRIENDSHIP | RESPECT | VOLUNTEERING |
| COMMIT | GIVE | REWARDING | |
| COMMUNITY | HEALTHY | RSVP | |

RSVP CALENDAR

Volunteer Hours Due Monthly, on the 5th
Email hours to rsvp@csswashtenaw.org

*“As you grow older, you will discover that you have two hands—
one for helping yourself, the other for helping others.”*

—Audrey Hepburn



RSVP Mission

RSVP is America's largest volunteer network for people ages 55 and over.

Join RSVP

and you join over 250,000 volunteers across the country who are tackling tough issues in their communities.

RSVP of Washtenaw County assists with placing volunteers age 55 and better interested in contributing their time and talents to serve local non-profit organizations.

To ensure a mutually beneficial experience, the program considers the skills and interests of each volunteer when arranging placements.

Member Benefits

- Opportunity to share skills & talents
- Placement assistance
- RSVP Newsletter
- Recognition for Service
- Free supplemental accident, excess auto liability & personal liability insurance

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