



RSVP

The Volunteer Voice

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Volume X, Issue 3
May & June 2013

Retired and Senior Volunteer Program of Washington County, Ohio

Program Recap

Stream Team

Our Stream Team session was held in April with nine volunteers in attendance. Jessie Daubert of the Friends of the Lower Muskingum spoke about the importance of maintaining a healthy balance in our streams and rivers and presented a slide show.

In the next few weeks volunteers will choose locations near their home on the Lower Muskingum and its tributaries to test the water once a month and report their findings. Every volunteer will be equipped with all the items they need to do the testing. On training day we are planning for all volunteers to meet as a group to visit all sites and be trained together.

Tourist Information Center

Two days of TIC training were held at the Campus Martius Museum and the Fairfield Inn & Suites. Fifty volunteers attended and we are pleased to announce that the TIC is fully staffed for 2013 tourist season. Jeri Knowlton, Executive Director for the Convention and Visitors Bureau extended her thanks to all the volunteers who spend their time volunteering at the TIC. Jamie Self was introduced as the volunteer coordinator and she will be your contact at the CVB when questions arise.

Recognition Dinner

The 2013 Recognition Dinner will soon be here. This year we are celebrating our 40th year of volunteering in Washington County. In the year, 2012 our volunteers served a total of 35,248 hours. According to Independent Sector, a non-profit leadership organization those hours are estimated to be worth \$21.79 per hour. This would make the total value of those hours more than \$768,000. This represents a huge contribution to our community.

The banquet this year will be at the Lafayette Hotel on Thursday, June 20, 2013 at 6:00 p.m. The doors will open at 5:15 p.m. The stuffed chicken with mashed potatoes and gravy seems to be a favorite, so the menu will remain the same this year. Invitations will be mailed in mid-May and will list your hours served. If you do not receive your invitation by the end of May, please call the office and let us know.

This year four volunteers will be honored with the Presidential Service Award for reaching 4,000 lifetime hours. They will join an elite group of 49 past recipients.

You will have to plan to attend to find out who they are. Join us to celebrate their achievement and all volunteers who have served this year!



Senior Corps Week Activities

Sunday, May 5 - Music In the Park

Muskingum Park Gazebo from 2:30 p.m. to 4:00 p.m.
Open to the public - bring your friends and a lawn chair



Wednesday, May 8 - Valley Gem Cruise

Board at 2:30 p.m. - Depart at 3:00 p.m.
For volunteers and a guest - you must make a reservation



Friday, May 10 - Mock-tail Happy Hour Volunteer Expo
4:30 p.m. to 6:30 p.m. at the O'Neill Center

Visit with station managers and mingle with friends as Marietta College students mix non-alcoholic drinks with a senior flare

RSVP

Retired & Senior Volunteer Program of Washington County

Sponsored by:

The Corporation for National & Community Service
Ohio Department on Aging
Washington County Commissioners
The Senior Levy
The Friends of RSVP

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hello again...

by Lisa Valentine, Director

I hope that everyone will find time to participate in the Senior Corps Week activities. The Valley Gem cruise and the Mocktail Party will be great events to share with friends who might like to volunteer. One friend can join you on the boat ride, and all of the rest of your friends can meet you at the Mocktail Party! Senior Corps Week is about celebrating what YOU do... how your volunteer service impacts Washington County and the people who live here.

Did you know that science is proving that a giving, volunteer spirit might actually be adding years to your life? A recent article by Robert Barnett reported on the research of Dr. Stephanie Brown, associate professor of preventative medicine at Stony Brook University, in New York. According to Dr. Brown, a "helping behavior" is related to longevity. She said that adding years to your life through service had one caveat – you must genuinely care. Truly caring resulted in a "givers glow."

Here's the scientific explanation... when you help someone you don't know, there are a number of unconscious obstacles that must be overcome like the impulse to avoid risk. Reaching out can make you feel vulnerable, triggering a physical response – the release of the hormone oxytocin. Oxytocin sends the message to the body to relax. The theory is that the release of this calming hormone can help you buffer stress while increasing social trust and tranquility. In the article, Dr. Brown said, "You are limiting exposure to stress hormones like cortisol. That may be one reason why helping behavior is related to longevity."

In April of 2007, the Corporation for National and Community Service issued a report that reviewed recent research on the benefits of volunteering. Some of the key findings:

- ❖ Older volunteers are most likely to receive greater health benefits from volunteering. The benefits include improved physical and mental health and greater life satisfaction.
- ❖ Volunteers must meet a "volunteering threshold" to receive significant health benefits. Once the threshold is met, there are no additional health benefits. The threshold was defined at 40-100 hours of volunteering a year and volunteering with two or more organizations.
- ❖ Evidence suggests the possibility that volunteering is the best way to prevent poor health in the future.
- ❖ Volunteering and physical well-being are part of a

Unleash Your Power: Be a Golden Buckeye!

Building on a national campaign that encourages organizations and communities to unleash the power of age during Older Americans Month in May, the Ohio Department of Aging is asking older Ohioans and baby boomers to tap into their own personal strengths to enhance their lives and those of others. Ohio's 2013 Older Americans Month theme, "Unleash Your Power: Be a Golden Buckeye!" encourages all Ohioans to live lives inspired by their age, not defined by it.

"When we choose to live lives as 'Golden Buckeyes,' we are choosing to be respected and vital members of society who continue to grow, thrive and contribute throughout the lifespan," said Bonnie Kantor-Burman, director of the Ohio Department of Aging. "More than 2.3 million individuals age 60 or older and another estimated two million baby boomers live in Ohio today. Imagine the benefits for our state and all of our residents when we are able to fully unleash their power."

Golden Buckeyes are people who make smart decisions to improve and maintain their health throughout the lifespan. They know their options and seek opportunities. They leverage their power as consumers and expect excellence. By striving for the highest quality of life, Golden Buckeyes help Ohio stay on the leading edge of innovation and be responsive to our growing and changing older population.

Visit the Ohio Department of Aging's special Older Americans Month Web page (www.aging.ohio.gov/news/)

olderamericansmonth/) for information and resources to help Golden Buckeyes unleash their potential in many ways, from improving their personal health, to volunteering their time and talent, to brushing up their skills and remaining in or returning to the workforce and more. You'll also find tools for residents to proclaim that they are Golden Buckeyes and invite their friends and relatives to do the same.

Since 1963, people in towns and cities across the nation have used the month of May to celebrate the contributions of older Americans. The Ohio Department of Aging has sponsored Older Americans Month in the state since 1977 and sets a state theme. The national theme for 2013, established by the federal Administration for Community Living, is "Unleash the Power of Age!" Ohio's theme builds on that with a personal call to "Unleash the Power: Be a Golden Buckeye!"

*Have a safe
Memorial Day
weekend!*



(continued from *hello again...*Page 2)

positive reinforcing cycle. Volunteers reported higher levels of happiness, life-satisfaction, self-esteem, a sense of control over life, and physical health... and people who are happier are more likely to volunteer. (Hmm. A circle!)

❖ Individuals who volunteer live longer. In addition to keeping healthy people healthy, the study also showed that when patients with chronic or serious illness volunteer, they receive benefits beyond what can be achieved through medical care.

If you want to know more about the health benefits of volunteering, I have the report brief that touches on the highlights in my office and can make you a copy. If you have internet access, you can find the full report at http://www.nationalservice.gov/pdf/07_0506_hbr.pdf and the issue brief at http://www.nationalservice.gov/pdf/07_0506_hbr_brief.pdf.

VALLEY GEM
MAKE YOUR RESERVATION

Deadline is May 6

Board at 2:30 pm
Depart at 3:00 pm



Valley Gem Cruise is Wednesday, May 8

Volunteer Opportunities

Senior Wheels Drivers

Drivers help seniors remain independent and living in their own homes by offering transportation to doctors appointments and the grocery store.

Senior Wheels Dispatchers

Dispatchers schedule rides with drivers and send out necessary paperwork. Need 1 dispatcher on Thursday.

O'Neill Adult Day Care

Assist day center clients as they arrive, offer companionship, and help serve snacks and lunch. Thursdays 10:00 a.m. to 1:00 p.m.

Marietta Community Food Pantry

Intake / data entry volunteers needed Tuesdays or Thursdays. On the job training is provided.

Franciscan Meals

In need of drivers to deliver meals.

For more information call 373-3107



After a long winter, Tai Chi classes are back just in time for spring.

Belpre Center: <i>(Learning forms)</i>	Monday Monday	11:00 a.m. 1:00 p.m.
Barlow Library:	Wednesday	10:00 a.m.
Cutler Community:	Thursday	7:00 p.m.
O'Neill Center: <i>(Learning forms)</i>	Tuesday	10:45 a.m.

Visit our Website: rsvpwc.org

Look for the Calendar!



RSVP of Washington County

