



The Volunteer Voice

RSVP

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Volume VIII, Issue 5
September & October 2011

Retired and Senior Volunteer Program of Washington County, Ohio

Global Recognition for Tai Chi

RSVP Arthritis Foundation Tai Chi leaders are getting international attention. The group will be featured in the "Tai Chi for Health Institute" newsletter which is distributed worldwide to tai chi enthusiasts, instructors and master trainers.

Our program is unique for several reasons. First and foremost, the classes are led by RSVP volunteers specifically trained to get their students moving safely; and the program is offered across Washington County free of charge.

But what is really exciting about our program is how much our exercise leaders have accomplished over the past year and a half. Each of them has overcome the physical challenges that aging presents, which makes them excellent examples of the benefits of tai chi. Students can relate to their instructor's arthritic joints and limitations from past injuries.

After a weekend workshop with Master Trainer Ralph Dehner in May, our instructors were certified to teach the next set of six tai chi movements. Their continuing students are now exploring the moving meditation aspect that the additional new tai chi forms offer.

Our leaders are teaching at capacity right now. Sherry Lafley has two classes at Belpre Senior Center. Judy Grize leads classes at Hannah's House, Glenwood Retirement

Community and the O'Neill Center. Carolyn Miller teaches at Lower Salem Community Center, O'Neill Center and the Marietta Family YMCA. Jeff Price teaches at Wasco.

New instructor Pat Davis will lead classes at the Lighthouse Baptist Church, with plans to add another location soon. John and Emily Smith took the summer off, but their classes will resume in mid September at the Cutler

Community Center (after Emily gets her canning done).

We also have three new instructors working on their teaching certification: Betty Brown, Bob Sinnett, and Carol Kern.

The RSVP staff will be volunteering one night a week to get an evening class at the O'Neill off the

ground. After many requests for evening sessions to accommodate working people, Lisa Valentine and Ashby Seyler-Schmidt will use this class to help our new leaders get comfortable in front of a class, while being supported by experienced staff.

So, what are you waiting for? The principles of tai chi are movement control, weight transference and integration of mind and body. All this add up to better balance, a calmer mind, better range of motion and less pain.

Call Ashby at 373-3107 for more information. There is an RSVP Volunteer led class near YOU!



RSVP Volunteer Instructors practice Arthritis Foundation Tai Chi forms in Muskingum Park. (left to right: Judy Grize, Emily Smith, Pat Davis, Sherry Lafley, Carolyn Miller, John Smith, and Jeff Price).

RSVP

Retired & Senior Volunteer Program of Washington County

Sponsored by:

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

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Volunteer Coordinator - Ashby Seyler-Schmidt
RSVP Office Volunteer - Pam Hess
RSVP Office Volunteer - Carolyn Miller

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Send submissions to the attention of Ashby:

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hello again...

by Lisa Valentine, Director

Autumn is upon us! There are so many things to do right now and the weather is just perfect. You can view the changing leaves from the Valley Gem on one of their fall cruises. The Washington County Fair and Sternwheel Festival are coming up and both are great events to spend with friends and family.

Did you know that the O'Neill has brand new bicycles that seniors can borrow for free? Check them out for a few hours, take a ride on the bike path – then lock the bikes in the rack at the Harbor downtown and enjoy lunch before heading back. Each bike comes with its own lock so get your gang together and plan an outing!

At the end of the month, on Saturday, September 24, make sure you come out to support RSVP. The Glenwood RSVP 5K Walk/Run is our biggest fundraiser. The course is completely closed to traffic. Follow the bike trail to the turnaround at the fairgrounds and back to the O'Neill. The entire 3.1 miles takes a little more than an hour to walk at a leisurely pace. If you get tired, hitch a ride back with Tom and Betty Hurte on the golf cart.

On the topic of walking: have you heard about the new walking tours of the city. The Convention and Visitors Bureau has three self guided tours – Historic Harmar Tour includes homes and landmarks on Marietta's West Side. The Military Tour highlights military monuments and burial sites, and the Historic Homes Tour features homes in downtown Marietta. Printed maps with information about each site are available at the Tourist Information Center out by Kroger and also at the CVB office located in the Putnam Commons (old JC Penney building) on Putnam Street.

Haunted Marietta's Ghost Trek is another great walk that starts at the Fountain in front of the Lafayette Hotel on Friday and Saturday nights at 8:00 p.m. For less than you would spend at a movie, you can get some great exercise and hear tour guide Lynne Sturdevant weave her spooky tales of Marietta. Don't forget your flashlight!

It doesn't really matter what you do, as long as you get outside and enjoy the autumn weather. It is my favorite season and it passes far too quickly. Don't even think about the cold weather that is waiting right around the corner.

Until next time, happy exploring!

Senior Medicare Project

Volunteer educators are needed to protect seniors from healthcare fraud. Do you enjoy meeting people, making presentations and attending senior fairs?

Human Services Secretary Kathleen Sebelius praised Senior Medicare Project volunteers nationwide stating that, "The strongest defense against crime is not law enforcement, it is informed citizens."

Please join volunteers across America to help protect people from these crimes and minimize the billions of dollars lost to fraud. Training for this important project will be held at the State Highway Patrol Community Room in Athens. Training is free, lunch will be provided. Details are on the inserted flyer.

Call Lisa if you are interested. Mileage reimbursement is available for those traveling to the training, but only if prior arrangements have been made with the RSVP office.



*We will be Closed
for Labor Day,
Monday, September 5*

Positions Filled ~ Thanks

Thank You to those volunteers answering the call to service for two important projects that will have a huge impact on the seniors in our area.

Four volunteers have been placed at the **O'Neill Center** as **Ohio Benefit Bank** counselors and will begin training soon. The Benefit Bank is designed to help moderate and low income individuals and families enhance their income. The trained counselors can suggest which benefits clients are likely to be eligible to receive and assist with preparing and electronically filing their application.

Two volunteers will be reading to kindergarteners at Harmar School this year. Principal Cheryl Cook is really excited to welcome her new volunteers into the **Harmar School** family. Now we need two volunteers for first graders! Be sure to catch Mrs. Cook's video on our facebook page, RSVP of Washington County. She talks about why volunteer readers are so important to developing good students.

Do you facebook?

We do! Check out our Online Recruiting Event. The principal of Harmar School, Cheryl Cook, has a video on our facebook page asking for volunteers to read to children.

A video featuring Franciscan Meals will go up next week. We will go out with Chuck Kurner who has volunteered with Franciscan Meals for almost 20 years. Franciscan Meals are always looking for volunteers to deliver meals to seniors in our community or help with the office work. If this interest you, make you sure you check out this clip.

Are you a volunteer or a station manager with a story to tell? Please call Ashby and we capture and share your message on facebook and our website.

Log on to facebook and search for RSVP of Washington County Ohio. You can "Like" us and see what we can do for you.

Help Wanted: Call Ashby Today!

Franciscan Meals ~ Drivers to deliver meals and office helpers. Help keep seniors healthy.

Harmar Elementary School ~ Reader for 1st grade students. Background check required.

Marietta Memorial Hospital ~ Patient Information Desk: Monday 4-8 p.m. Patient Escort (lots of walking): Tuesday and Friday 12-4 p.m.

Washington State Community College ~ Tutor students, help the office or sit in computer labs with the Learning Center. Set your own hours.

Mini Market

Harvest of Hope has opened the Mini Market at the Community Garden behind Food 4 Less on Wednesday mornings from 9 a.m. to 12 p.m. Fresh produce is picked that morning and is available to anyone for a donation. RSVP volunteers, Nancy Jenkins and "Captain" Tom Hurte are running this year's market.

We are always looking for volunteer helpers to man the market, so if you are interested in volunteering please call Ashby.

Mini Market

Wednesdays 9 a.m. – 12 p.m.

Community Garden

The Volunteer Voice
RSVP of Washington County
333 Fourth Street • Marietta OH • 45750

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Arthritis Foundation Tai Chi

O'Neill Center:	Mondays	10 a.m.
	Tuesdays	10 a.m.
	Thursdays	5:15 p.m.
Marietta YMCA:	Tuesdays & Thursdays 12:30 p.m.	
Belpre Center:	Mondays	11 a.m. & 12:30 p.m.
	Wednesdays	12 p.m.
Lighthouse Baptist:	Wednesdays	10 a.m.
Lower Salem:	Fridays	6 p.m.
Cutler Community:	Will resume in the Fall	



SAVE THE DATE!
5th Annual Choices Expo
Living Healthy, Wealthy & Wise
Wednesday, Nov. 9

Making informed choices about your future!

Volunteers are needed at the registration tables
and in the lunch room.

Glenwood RSVP 5K Walk/Run

Saturday, September 24 9 a.m.



The RSVP Team came in 4th place last year. If you want to race with the RSVP Team, please call Ashby at 373-3107.

Volunteers are needed at the registration tables
and on the track for this fun RSVP event.

Defensive Driving Course

RSVP volunteers are welcome to take a Defensive Driving Course through Washington County. This course is general defensive driving and may help lower your driving insurance premium. By September 2, call Lisa or Ashby if you want to register for this course.

Defensive Driving Course
Thursday, September 8
8 a.m. to 11:30 a.m.

