



The Volunteer Voice

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Volume X, Issue 5
November & December 2013

RSVP of Washington County, Ohio

Tai Chi Recertification

RSVP Volunteer Instructors Attend 3-Day Workshop

Did you know that one in three adults over the age of 65 takes a fall each year? How about that you can decrease your risk of falling by practicing a modified form of tai chi? And finally, did you know that free tai chi classes are offered across Washington County by certified RSVP volunteer instructors?

Ten RSVP volunteer instructors were recertified at a three day workshop in October. Seven of those recertified took additional training and are now also credentialed to teach the advanced 9 movements.

All ten instructors hold certifications from both the Arthritis Foundation and the Tai Chi for Health Institute.

Advanced tai chi instructors include Pat Davis, Jeannie Farnsworth, Judy Grize, Becky Hennen, Sherry Lafley, Carolyn Miller and Lisa Valentine.

John and Emily Smith were unable to attend the advanced workshop, but they were recertified in the basic 12 forms. RSVP welcomes Betty Brown as a new instructor who will be working with Sherry and Becky at the Belpre Senior Center. Betty is certified in the basic 12 forms.



All of our instructors are anxious to share with their students the new and exciting information taught at the workshop.

In a recent Arthritis Foundation survey of our students, 94% reported better balance, 76% said tai chi improved their muscle strength and 75% had a reduction in joint pain.

Dr. Paul Lam, founder of the Tai Chi for Health Institute said that tai chi movements appear to be gentle and graceful, but tai chi is more than what meets the eyes. The flowing movements contain much internal strength, not unlike the power beneath a seemingly calmly flowing river. The object of tai

chi is to achieve physical balance by strengthening muscles and improving coordination, while at the same time improving mental balance.

The training was made possible by a grant from Washington County General Health District. Special thanks go to Washington County Health Department Coordinator Rabia Karim who helped us secure the grant. Susie Casto and Becky Hennen at the Belpre Senior Center hosted the training and made everyone feel at home.

And finally Tai Chi for Health Master Trainer Ralph Dehner from Cincinnati, who is our go-to guy for all things tai chi. He shares his knowledge and expertise anytime we need help and is key in the success of our program.

Class information is on the back page of this newsletter. Don't see a class in your area? Call the RSVP office and we will try to start one!

Advanced instructors certified by Arthritis Foundation and Tai Chi for Health Institute. Seated, Master Trainer Ralph Dehner. Second row: Pat Davis and Sherry Lafley. Back row: Carolyn Miller, Judy Grize, Jeannie Farnsworth and Becky Hennen.

RSVP

Retired & Senior Volunteer Program of Washington County

Sponsored by:

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hello again...
by Lisa Valentine, Director

For me, milling around after the race is always fun. Everyone is tired, relaxed and jubilant. There are little pockets of friends and family reliving the details of the course. First time racers are excited to have finished; experienced runners are talking about how to do better next time. There is a warm feeling of humanity, humility and kinship.

This year, while everyone was unwinding and enjoying Smitty's Pizza, three people were still out on the course, slowly making their way to the finish line. Here's the story...

Team Tourism participates in our race every year led by their fearless leader Jeri Knowlton, Executive Director of the CVB. Jeri's team is a young, fit and competitive mix of walkers and runners, which makes this story even sweeter. The runners were off to a great start, oblivious to the events that would unfold behind them. As Team Tourism walkers Jeri and Samantha made the turn from Front Street onto the bike path at Montgomery, they encountered a woman clearly struggling. They stopped and talked to her, and eventually got her back up and walking.

While just about anyone can walk 3 miles at a leisurely stroll, the woman made a mistake that new 5K-er's often make – starting off too fast and running out of steam. Experienced walkers and runners will tell you that pacing yourself is an essential fundamental of racing. By the time Jeri and Samantha found her, she was completely out of gas. Team Tourism encouraged, cajoled and supported the woman through the rest of the course. Every other race participant passed by, but Jeri and Samantha stayed true to helping a first-time 5K-er make it to the end.

As the trio neared the finish line, the woman lamented that she was going to be last... Jeri and Samantha gave her the encouragement to draw up the last bit of strength left in her body. The woman charged forward and entered the chute to the cheering of her family and friends.

Behind her, Jeri and Samantha crossed the finish line together with a time of one hour, 11 minutes and 25 seconds. While Team Tourism placed 9th out of 12 teams, they were first in my eyes.

At the October Advisory Council Meeting, we decided to create a "Team Spirit" award, and the first one goes to Jeri Knowlton, Samantha Brandjes and Team Tourism!

The Volunteer Voice is printed bimonthly. Articles must be submitted by the 22nd of the month to be considered for publication in next issue.

Send submissions to the attention of Susan:

RSVP Volunteer Voice
333 Fourth Street
Marietta, Ohio 45750

Phone: (740) 373-3107 • Fax: (740) 373-7251
Email: shill@rsvpwc.org • Web: www.rsvpwc.org

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MAKE A DIFFERENCE DAY ACTIVITIES

Senior Wheels Winterization Program

Saturday, October 26 was all about Making a Difference, and RSVP volunteers were out in full force.

The Senior Wheels Pit Stop at Washington State Community College helped seniors prepare their automobiles for winter weather. Twenty volunteers included those from

RSVP, the community and students enrolled in the Automotive Diesel Technology program at WSCC.

Unfortunately, numbers of people served were down from last year, a fact attributed to the many events going on that weekend.

Make A Difference for Autism

The Washington County Health Department hosted Make a Difference for Autism and it was a roaring success.

Area children enjoyed an inflatable playground while their parents learned about disaster preparedness, environmental protection and health issues. RSVP volunteer Larry Armstrong was on hand to explain short-lived events that would require residents to Shelter in Place. Larry, a retired police chief, is an expert in the areas of Sheltering in Place and terrorism awareness. He provided instruction on assembling a Shelter in Place kit and how to use the items in the kit to create a safe room.

A Chili Cook-off was part of the festivities, and fairgoers voted on their favorite chili with donations. A total of \$946.86 was raised and the money will purchase ipad computers for autistic children in Washington County. The ipads will be loaded with computer programs specifically created to help autistic children learn and communicate. At a cost of \$600 each, organizers raised enough for one award, and are well on their way to purchasing an ipad for a second child.

Donations are still being accepted to get to the magic number of \$1,200. For more information or to make a donation, call Angela Lowry at the Washington County Health Department at 374-2782 x 1028.

Drug Take Back Day

Drug Take Back Day was another volunteer opportunity that engaged 17 RSVP volunteers who served at seven locations across Washington County.

This is third year that RSVP has partnered with the Washington County Sheriff and Marietta Memorial Hospital to collect unused prescription drugs.

You don't have to hang on to your unused drugs until the next Drug Take Back Day in April. There is a permanent

drop box located inside the Sheriff's Office on Fourth Street and prescription drugs are accepted anytime during regular business hours.

Many seniors take narcotics and pain pills for short-term injuries and illness, and often do not use the entire prescription.

For your safety, please consider using the drop box for these medications.

Holiday Office Closings

Monday, November 11 - Veterans Day

Thursday & Friday, November 28 & 29 - Thanksgiving

Monday - Friday, December 23 to 27 - Christmas

Monday & Tuesday, December 31 & January 1 - New Year's



Volunteer Opportunities

Senior Wheels Drivers

Urgent Request: Drivers needed in Belpre and Reno areas. We are unable to meet the growing need in these areas. Flexible time. Training & mileage reimbursement provided.

Senior Wheels Dispatcher

Urgent Request: Dispatcher still needed on Thursdays from 9:00 am. to 1:00 p.m. at the RSVP office.

Reassurance Callers

Serve from your own home calling homebound seniors to check in with them. Spend a few minutes listening, making sure that they are feeling well and that everything in their home is in order. Training and service will begin in January.

Harvest of Hope Community Meals

Teams forming now for free evening meals at St. Luke's Episcopal Church on the first Tuesday, and at the Salvation Army on the last Monday. Cooks, servers and clean-up crew needed.

For more information call 373-3107

Visit our Website: rsvpwc.org

RSVP of Washington County



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: <i>Resume in mid-September</i>	Thursday	7:00 p.m.
O'Neill Center: <i>(Learning forms)</i>	Tuesday	10:45 a.m.