



NORFOLK COUNTY RSVP VOLUNTEER PROGRAM

Your Invitation to Respond to Your Community

614 High Street

P.O. Box 310

Dedham, MA 02027



Nov 2014



Cedar Hill Health Care Center and Weymouth Health Care Center are 2014-15 Leadership Sponsors of RSVP

November School Volunteer Meetings

Current and new Elementary School volunteers are invited to share stories and ideas about working with children in all subjects, and to discuss the children's literature they've seen in schools over healthy snacks.

- Thursday, November 6, 3-4:30pm at Thayer Public Library in Braintree
Special guest: Claire Brady, Reading Specialist at the Donald Ross Elementary School of Braintree
- Monday, November 10, 11:30-1pm at the Endicott Estate in Dedham



Elementary School volunteers Pat Sears, Claire Howsberger, Rosalyn Laprise, Beverly Cohen, and Geraldine Cardillo

Are you interested in becoming an elementary school volunteer?

It's not too late! Lawrence Pingree School in Weymouth, Donovan School in Randolph, and Freeman-Kennedy School in Norfolk are all seeking volunteers for the 2014-15 school year. Please call the RSVP office for details at 781-329-5728.



Thank Our Soldiers with Letters



Join Norfolk County RSVP in thanking our active duty military service men and women this November by writing letters for *Operation Gratitude*. Letters are included with care packages they assemble for troops. Send your letters to the RSVP office with your timesheets and we will forward to *Operation Gratitude*.

Need help finding the words?

[from operationgratitude.com]

- Start with "Dear Service Member" or "Dear Hero"
- Express your thanks for their service
- Avoid politics completely and religion in excess; however, saying your pray for them is wonderful
- Share a little about yourself: family, hobbies, work, pets
- Talk about life back home: sports, weather, music, and movies
- *Operation Gratitude* suggests including your contact information (mail or email) so the letter recipient can reply. If you would like to use the RSVP office address instead, that's okay.

Learn more at OperationGratitude.com

VETERANS VOLUNTEER OPPORTUNITIES

Contact Robert Pierson, 781-234-3445 or rpierson@norfolkcounty.org

VETERAN-HOSPICE PARTNERSHIP, Norfolk County

Veteran Volunteers make a great difference in improving end of life care for fellow Veterans. Visit a Vet in their home for friendly visiting and comfort giving. Work behind Massachusetts oldest Veteran to Veteran Hospice Program with training as a veteran-hospice volunteer. Recognize your fellow veteran for their service to their country with a certificate of service and handmade afghan. Opportunities exist to visit worthy vets in your branch of the military, in hospice at home throughout Norfolk County.

MILITARY VETERAN SUPPORT GROUP FOR INCARCERATED VETS, Norfolk MA; Walpole MA

Join as a group of one or two veteran facilitators to promote DOC Core values of responsibility, respect, honesty and caring. Facilitate discussion programs with guest speakers in such topics as PTSD, addictions and substance abuse, family and spousal relationships, parenting and fatherhood, child custody and support. This meaningful format serves to support the individual and group of vets, as well as their families.

VA 'GIVE BACK' PROGRAM, West Roxbury

Provide support to cancer patients and their families as they learn about their disease and treatment options. Assist in identifying and accessing relevant resources while providing empathy, support and compassion. Offer comfort items such as drinks, snacks and warm blankets to patients. Engage in friendly conversation and refer individuals to appropriate staff when specific medical, financial or personal issues arise.

RSVP is funded in part by a national Senior Corps grant and sponsored by the Norfolk County Commissioners:

- Peter H. Collins of Milton, Commissioner
- John M. Gillis of Quincy, Commissioner
- Francis W. O'Brien of Dedham, Chairman

More Opportunities to Give this Thanksgiving Season



Melinda Alexander poses with RSVP volunteer Nancy Kenny at the **Southwest Community Center food pantry** in Quincy. The pantry needs volunteers who can lift 35 lbs to stock the pantry weekday mornings, and drivers to pick up donated food on weekdays.

Meals on Wheels - Help in the Randolph kitchen weekday mornings, or drive Tuesday or Wednesday morning. Canton, Dedham, and Norwood also need kitchen and driving help.

Milton Hospital seeks a volunteer with computer skills to assist in the Volunteer office, and friendly "Highland Ambassador" volunteers to transfer calls, give directions, sell flowers and assist people with wheelchairs. Ambassador shifts are open every other Sat and Sun evening 4-8pm. Substitutes are also needed for weekday and weekend shifts.

Father Bill's (Brockton) - volunteer to transport items from the Brockton distribution center to shelters in Quincy and Brockton locations). Volunteer would drive an agency vehicle . May require heavy lifting. The center is open Mon/Wed 11am-3pm.

RSVP Volunteers Learn to Save Lives!

21 people earned adult CPR and Automatic External Defibrillator (AED) certification from the American Heart Association, in an RSVP workshop taught by Randolph firefighters September 30. Thanks to Cedar Hill Healthcare Center in Randolph for hosting this event with breakfast!

The American Heart Association reminds us all:

- Don't be afraid; your actions can only help.
- If you see an unresponsive adult who is not breathing or not breathing normally, *call 911 and push hard and fast on the center of the chest.*
- For a one-minute video on Hands-Only™ CPR, visit heart.org, "Hands-Only CPR" link on the top right.



RSVP volunteers Florence Preisler (schools), Diane Daria (meals on wheels), Dorothy Leonard (schools), and Laura Kulas (veterans' employment) with Deputy Chief Ron Cassford.

Local Senior Centers respond to Norfolk County RSVP's "Can you Afghan?" Challenge

In April, RSVP launched a "Can You Afghan?" campaign with Norfolk County's Veterans Services Advocate, Dale Kurtz . Since mid-September, we have collected 158 lap robes, blankets, and afghans for soldiers and veterans in healthcare facilities. Medfield, Norwood, and Weymouth Senior Centers had the largest response.



Above: The Naughty Knitters group at Weymouth's Whipple Center. Many knitters from this group are RSVP volunteers.

Below, left: The Norwood Senior Center knitting group displays their handiwork.

Below, right: The Medfield Council on Aging hosted an event with their local Veterans Service Officer to recognize those who donated.

