



# NORFOLK COUNTY RSVP VOLUNTEER PROGRAM

Your Invitation to Respond to Your Community

614 High Street P.O. Box 310 Dedham, MA 02027 781-329-5728



Jan/Feb 2016



Dedham Savings Bank is the 2015-16 Leadership Sponsor of RSVP

## 40 Norfolk County RSVP Veteran Volunteers Are Honored for Community Service in Ceremony

On November 17, with over 70 veterans and well wishers in attendance, the Norfolk County Commissioners honored 40 RSVP Veteran Volunteers with special Veteran Corps pins courtesy of the Corporation for National and Community Service (CNCS), our co-sponsor, at the Endicott Estate, Dedham. The Norfolk County Sheriff's Honor Guard led off with the Presentation of Colors. Patrick McDermott, Norfolk County Register of Probate led the singing of our National Anthem and Gold Bless America. State Senator Mike Rush and State Representative Paul McMurtry spoke and participated in the pinning. Honored Veterans volunteer serve in all RSVP program areas: food pantries, meals on wheels, elementary schools and supporting Veterans through a range of services throughout the County.



State Representative Paul McMurtry presents a service pin to Jake Comer, RSVP volunteer and former National Commander of the American Legion, as other receiving veteran volunteers look on.

## Volunteer Opportunities in the New Year

**Nutrition Volunteers for Springwell in Needham and Brookline** help at Luncheon sites delivering hot meals to elders at Senior Centers. Springwell also needs **Money Managers** to assist seniors and **Ombudspersons** to assist elders in nursing homes with problem resolution.

**Food Drivers, Pantry Assistants and Hotline Volunteers needed at The Sanger Center in Quincy** Drivers make deliveries of non-perishable food, bread, meat and produce to families in need. Pantry Assistants sort donated food, stock shelves and pack food bags for delivery. Hotline volunteers answer the crisis hotline as needed (with staff support), provides referrals and information about the food pantry. Flexible hours.

**Office Assistant with 'Trustees of the Reservation' in Sharon** Help is needed for our new partner site to assist with organizing and entering data from visitor surveys. Requires ability to type, attention to detail and ability to navigate the internet. Volunteer once a week for 2-3 hours. 'Trustees' farm sites donate to Norfolk County Food Pantries.

**Meals on Wheels drivers and kitchen help for South Shore Elder Services in Randolph, Weymouth, Quincy, Braintree areas and for HESSCO in Canton, Dedham, Norwood and Sharon areas** Provide nutrition and comfort to isolated, homebound elders with delivery of hot meals for lunch, on a given route. Some locations require kitchen assistance. Mileage reimbursement available.

Please contact Cris or Robert at the Norfolk County RSVP office at 781-329-5728 for more information.

## PROFILE: RSVP School Volunteer Lionel Godbout

Lionel Godbout has the distinction of being one of our longest-serving Norfolk County RSVP school volunteers. For the past 12 years, Lionel has been volunteering at the Fredrick C. Murphy Elementary School in Weymouth. He joined RSVP shortly after retiring as a life-long union carpenter. Since becoming an RSVP volunteer, he has provided teacher support at all grade levels, serving in a variety of roles. He said he finds it gratifying to be able to help students improve their skills and has no plans to stop volunteering.

His most unusual role? Working with a struggling 1<sup>st</sup> grader to repair a broken computer desk. Lionel used this project to more fully engage this young learner and reinforce simple math skills such as using numbers to measure lengths.

A memorable moment: At the end of the school year, after months of practice, watching one of his third grade students read from a book without any need to point to each and every word he read. (His strategy: having the student practice sitting on his hands.)

Interesting personal tidbit: Lionel served in the navy during the 1962 Cuban missile crisis and was on one of the ships that intercepted Soviet vessels carrying nuclear missiles on route to Cuba.

Lionel and his wife, Kathleen, have been married for 51 years and have three adult children.



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

• Peter H. Collins of Milton, Commissioner

• Joseph P. Shea of Quincy, Commissioner

• Francis W. O'Brien of Dedham, Chairman

**Good Cheer Volunteers: Claire Pauley & Roberta Poff  
Bring Holiday Singing to Our Veterans**



*RSVP Director, Robert Pierson and Claire Pauley singing 'Mr. Grinch'.*

Veterans at the Jamaica Plain and Brockton VA hospitals were entertained during the week before Christmas by Claire Pauley, singer with the Dedham Troubadors, along with co-chorus member Roberta Poff and RSVP Staffers: Cris Goldsmith and Robert Pierson. Claire a Dedham resident who performed for Brockton VA residents last year as well, led the group in singing favorite Christmas carols, performing skits, with costume, prop and hat changes, along with drum and bells.

The hour long programs brought smiles, foot tapping, clapping and singing along to many veterans and their family members. Between solos, duets and singing quartets, the Veterans were treated to holiday standards including: "Santa Claus is Coming to Town", "Rudolph the Red Nose Reindeer", "Deck the Halls", "Twelve Days of Christmas",

"O Holy Night", "White Christmas" and "The Little Drummer Boy". Fittingly, each performance ended with the singing of "Remember Pearl Harbor" and "God Bless America" moving some participants to stand and salute. We thank Claire and Roberta for sharing their energy and holiday spirit. It really does make a difference for our Veterans. With such fun and good cheer in the rooms, Claire and her troupe are invited to come back next year!



*Roberta Poff and Claire Pauley sing a fun duet at the J.P. VA*



*< The Veteran residents of the Brockton VA enjoying Claire with her reindeer antlers singing "Rudolph".*

*Quartet singers > Roberta Poff, Claire Pauley, Cris Goldsmith, RSVP Volunteer Coordinator and Robert Pierson.*



**CHECK OUT NORFOLK COUNTY RSVP ON FACEBOOK! OVER 100 LIKES!!**



Facebook allows us to spread the word of your good work with photos and comments. It also helps us to become more visible for recruiting new volunteers for our programs. If you have computer access please go to [www.facebook.com/norfolkcountyRSVP](http://www.facebook.com/norfolkcountyRSVP) and 'LIKE' us. Let's make our new goal of **200 LIKES!**

**Kathleen Murray and Rick Anderson Visit with Veterans and their Wives at Home**

Every Thursday morning, RSVP Volunteers Kathleen Murray and Rick Anderson team up to visit two Veterans and their wives at their apartments in Newbridge on the Charles Assisted Living in Dedham. Kathleen, who also volunteers with RSVP at the Greenlodge School in their lunchtime learners program, has been visiting vets with Rick since September. Rick, who started last April, volunteers at Newbridge two days per week.

Their enthusiasm, compassion and care for Veterans Harry and Dick, and their spouses is moving and inspiring. "They are like our family. Like visiting our parents... They tell us their stories" says Kathleen. Veteran Harry is 96 and his wife, Jenny, 93. Kathleen, on time with Jenny reflects " She's very pleasant and happy. I don't know if I can be like that at her age . . . She enjoys seeing us and it makes me happy."

Rick makes a scrapbook for the couples. " We got to be with one couple on their 67th anniversary and with the other on their 70th anniversary," shares Rick with a smile. "Nice to be married all these years, still together. They hold hands." Rick and Kathleen may take their 'friends' outside in their wheelchairs,



*Kathleen and Rick at 'Newbridge'.*

bring them to lunch, or down to a concert, in addition to friendly visiting. On volunteering, Rick adds "You get the world out of it. You get back so much more than you give...so proud of the people you are working with. We need more volunteers here to sit and talk with residents." Kathleen brought in potato pancakes and jelly donuts for Chanukah. She shares, "I came in on Saturday and they were truly thrilled to see me come in on a non-volunteer day....I feel like I make them happy. They really want us here. Their kids and grandkids are so far away. I feel we can take the place of their children who cannot visit and it is meaningful for all of us."

*During this holiday and as we enter the new year, such an example as set by Kathleen and Rick reminds us of the many good things which are possible and do occur; with an affirmation for 'Peace on Earth and Goodwill to All'.*