



# RSVP

Lead with Experience

April 2016

## RETIRED & SENIOR VOLUNTEER PROGRAM LAUNCHES IN FREDERICK COUNTY

We're off and running!

Frederick County's 52,000+ residents ages 55 and over are a terrific natural resource! Your knowledge and experience, coupled with available time, energy and interest in civic leadership provide an opportunity to help shape the future of our neighborhoods, towns and county.

RSVP creates the roadmap for making those contributions as volunteer leaders. We work with you as an individual, matching your skills and interests with the right organization — and then we follow up, ensuring that the experience is working for you and the agency you are serving.

Volunteering through RSVP gives you peace of mind:

- We enter into agreements with our partner agencies, so you know they are providing well-run community services.
- We know what types of volunteer support our partners need—from expertise with data, statistics or teaching, to delivering groceries or driving someone to the doctor's office.
- We provide volunteers with mileage reimbursement and offer extended insurance protection.
- We evaluate your experience to know what's working and what's not.



RSVP Director Carol Haag, County Executive Jan Gardner, AACF volunteer and board member Nolie Rife and AACF Executive Director Elizabeth Chung at RSVP launch

We're proud to be back in Frederick County thanks to sponsorship through the Asian American Center of Frederick. AACF wrote the proposal and funded the initial funding match to bring this important program to our community.

Volunteerism is a core component of AACF's work, and executive director Elizabeth Chung and her staff bring hundreds of volunteers to service opportunities each year through their annual health fair, health disparity programming, citizenship, language interpretation and English As A Second Language services.

We invite you to join us at RSVP, and share the word about volunteer opportunities. You can contact RSVP director Carol Haag at [rsvp@aacfmd.org](mailto:rsvp@aacfmd.org) or 301-600-7900.

## COMMISSION ON AGING SPEAKS UP FOR SENIORS



The Frederick County Commission on Aging begins 2016 with new leadership. Dianne L. Lewis of Frederick was elected chairperson and Thomas F.

Lawler of Thurmont became vice chairperson, taking over from Carol Haag of Thurmont, who led the commission for the last eighteen months. Haag continues to serve as a commission member.

Local Commissions on Aging were created through passage of the Older Americans Act of 1965, and exist to advocate for the needs and interests of older adults in the every community.

They also educate and advise the local Area Agency on Aging, which in Frederick County is designated as the county's Department of Aging, as well as local government leaders at all levels.

Dianne L. Lewis is the owner/CEO of Phase 2 Solutions, LLC, a professional managed care company for seniors dealing with major life changes. A graduate of the University of Maryland University College with a bachelor's degree in accounting, Lewis has nearly two decades of experience in corporate financial management and is a real estate agent with Real Estate Teams, LLC of Frederick. She has volunteered with the Frederick De-

partment of Aging, taught the AARP Driver Safety Course and has served with the Volunteer Income Tax Assistance/Tax Counseling for the Elderly (VITA/TCE) program.

Thomas F. Lawler retired from the position of Director of Facilities Management at Wellspan Health/Gettysburg Hospital in Gettysburg, PA in 2013, after a career of thirty-one years at the hospital. Lawler is a graduate of the University of Maryland, with a bachelor's degree in business administration and is a Certified Healthcare Facilities Manager (CHFM). He co-chairs the joint Business Task Force of the Commission on Aging and the Frederick County Chamber of Commerce.

*The Commission on Aging meets on the second Monday of each month at 1 pm at locations throughout the county. The public is encouraged to attend. For information, call 301-600-1605.*

### WELCOME THESE PARTNER AGENCIES!

- The Veterans History Project
- Advocates for the Aging of Frederick County
- Habitat for Humanity
- Special Olympics
- Fox Haven Organic Farm & Learning Center
- Asian American Center of Frederick
- American Red Cross –WMD Chapter
- Frederick County Department of Aging
- Frederick County Health Department
- Frederick County Public Library System
- Frederick Memorial Hospital
- FMH Bridges Program
- Heartly House, Inc.
- Literacy Council of Frederick County
- Housing Authority of Frederick
- MD Division of Rehabilitation Services (DORS)
- Partners In Care
- The Religious Coalition for Emergency Human Needs
- The Seton Center
- Thurmont Food Bank
- United Way of Frederick County

## VOLUNTEER STATION FOCUS:

# THE RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS

As a writer, Bruce Gourley believes in the power of words. As Volunteer Coordinator for the Religious Coalition of Frederick County, he also believes there are never enough words to thank those who give of their time and energy in service to others.

“People are giving their time, experience, energy, devotion and compassion,” he says. “Volunteers amaze me. I thank them and encourage them, but it’s never really enough.”

The Religious Coalition for Emergency Human Needs serves over 1,300 families at its network of nine food banks every month, as well as assisting hundreds of individuals through shelter and emergency financial assistance to prevent homelessness. For Gourley, making sure there are enough well-trained volunteers to support that work is a constant challenge.

Partnering with the RSVP Program has made that job easier.

“My goal is to ensure that clients are served in the best possible way,” he explains. Volunteers staff the Coalition’s front desk and the Alan P. Linton, Jr., Emergency Shelter, and others work with the client intake process, matching individual needs to appropriate services. “We may be providing assistance with prescriptions, paying an electric bill, providing hygiene items and clothing or connecting them with other agencies. Through the RSVP application and pre-screening process, Carol is linking us with volunteers who have life experience, are interested in the work we do, and are professional in their client interactions. I am very pleased with the process.”

In addition to Bruce’s work at the Coalition office, he also coordinates volunteers and provides training for area church congregations that provide evening shelter and meals for individuals and families. Twelve Frederick churches currently rotate the shelter schedule, with each evening requiring two shifts of volunteers – one from 6 pm to 10 pm and the second from 10 pm to 6 am. “We’re always looking for volunteers to help with meals and with evening shelter operations,” Bruce noted, adding that, “You don’t have to be a member of a congregation to volunteer to help at an evening shelter.” He is also always looking for more congregations to join in the shelter project.

When snowstorms hit, and it isn’t safe for volunteers to travel, the Coalition pays to have homeless individuals and families stay in local motels. “This isn’t a 9 to 5 job,” he admits with a laugh, describing the work of caring for both clients and volunteers. He recently created a Volunteer of the Month award at the Coalition as another way of recognizing the invaluable contributions of those who serve without payment. Being a RSVP station is helping the Coalition reach out to a large pool of potential volunteers, and Bruce is grateful. “I can’t thank Carol enough. RSVP has been one of the most successful contacts I’ve made.”



Bruce Gourley



## HEALTH CARE OUTREACH: THE BRIDGES PROGRAM AT FMH



RSVP has partnered with the Bridges Program at Frederick Memorial Hospital to recruit volunteers for this innovative lay health educator program. Through Bridges, the medical community is building partnerships for better population health through faith communities and community associations.

Participants attend a ten-week series of workshops designed specifically for lay educators on medical topics that affect individual health and wellness, such as heart disease, diabetes, women's health, dementia, talking to your doctor, and much more. Each ten-week cohort of participants is kept small to encourage questions and discussion. Participants are provided with extensive handout and presentation materials for use

with individuals and groups, as well as receiving guidance in facilitating such conversations and tailoring materials to meet the needs of their group.

If your group could benefit from a series of programs on health and wellness topics, Lay Health Educators associated with RSVP may be provide those programs. For more information,

contact  
RSVP@aacfmd.org or  
call 301-600-7900 for  
more information.

For more information on the Bridges Program, contact Janet Harding, Director of Cultural Awareness & Inclusion at FMH.

jharding@fmh.org  
240-566-3465

## RSVP TEAMS UP WITH THURMONT FOOD BANK

The Thurmont Food Bank has launched a new outreach initiative delivering grocery staples to homebound citizens in their service area of Thurmont, Lewistown, Rocky Ridge, Utica, Sabillasville, Graceham and surrounding areas.

A non-profit ministry of the Thurmont Ministerium, the Food Bank is now also an RSVP station. Senior volunteers have long provided critical service to this busy and much needed program; now RSVP can aid in volunteer recruitment. The Thurmont Food Bank is supported by local churches, businesses and individuals and serves more than 1,000 individuals each month.



Pastor Sally Joyner-Giffin, Thurmont Food Bank coordinator, Laretta Greenbacker, grocery delivery coordinator and Carol Haag, RSVP director, are part of the team behind the new effort expanding services to those who can't come in to Thurmont but need food assistance. "Seniors are at the forefront of food bank services in almost every Frederick County community," Haag noted. "We are delighted to help raise awareness and bring more volunteers on board as Thurmont steps forward in serving the homebound."

Interested in joining in? Contact the Food Bank at 240-288-1865, or email sallyjoynergriffin@yahoo.com. You can also find the Food Bank on Facebook by searching "Thurmont Food Bank."

## VOLUNTEER OPPORTUNITIES (CONTINUED ON PAGE 6)

- Transportation is a critical need for older adults who no longer drive; trips to medical appointments, grocery shopping and other errands provide homebound individuals the assistance they need to “age in place.” **Partners in Care** volunteers enable those in need to stay connected to the services they need. Become a member of Partners in Care and help when you are available.
- **Volunteer Photographer:** RSVP is looking for a volunteer who can photograph our volunteers in action at community events, catalog the photos, and edit them so they can be used in marketing materials. This is an opportunity for a semi-professional or aspiring professional photographer who would like to gain experience while donating their creativity, time and talent at least one hour a week and occasionally be able to donate three to four hours a week.
- The **Prosperity Center**, a collective community partnership of the Housing Authority of Frederick and United Way, is looking for **Budget Coaches** to meet with Center participants to work through an online program to create, establish and maintain a budget, and **Prosperity Mentors** to work with Prosperity Saving Account holders providing support, advice and to report on their progress.
- **The Religious Coalition for Emergency Human Needs** seeks volunteers to assist in client intake. Duties include assisting clients with applications for emergency financial assistance for eviction notices, past due utility bills, prescription medication and healthcare requests. Patience, organization and ability to give and follow directions are essential with a sensitivity to the needs of the client. Must have a strong desire and ability to learn in detail about the shelter’s programs, procedures, services as well as the community services that may be applicable to the client. Training is provided. Shifts vary but volunteers are asked to commit to a minimum of four hours/one day a week.
- **The Literacy Council of Frederick County** needs volunteer tutors to assist adults with reading, writing and English-speaking skills. Volunteers average about one to two hours per week working with their student and a like amount of time in preparation for each session. Training as well as attendance at an information session are required for certification. Teaching experience or knowledge of a foreign language is not required to volunteer. Volunteers must be fluent in English, have a general sense of enthusiasm, dedication, flexibility and be culturally sensitive with a strong desire to help. One year of dedication to this role is required.
- **The Seton Center** in Emmitsburg offers seeks volunteers to offer visitor hospitality, assist non-clients in finding appropriate staff for meetings, visits, etc., sorting donated items, receiving donations, providing charitable contribution receipts and cleaning and testing merchandise as directed.
- Volunteer at **Fox Haven Organic Farm and Learning Center** in Jefferson and learn how to garden organically, plan events, facilitate classes in meditation, yoga, and nature related arts, and conduct environmental programs for adults and families. Volunteer opportunities include leading nature walks as an Environmental Educator, preparing for events as an Event Assistant, serving as Ecological Monitors, Guest Bloggers, Community Garden Assistant and Productions Garden Assistant.
- **Frederick Memorial Hospital** is seeking volunteers in every aspect of FMH processes, services and programs, including assisting or registering patients, providing transportation, clerical support, sales, restocking shelves, craft projects, as well as working in labs, ER, information desks, telephone support, and much more.
- The Frederick County Department of Aging **Meals on Wheels Program** seeks volunteers willing to commit to a regular schedule of meal deliveries to homebound clients. Delivery times are between 11 am and 1 pm. A valid driver’s license, reliable automobile and car insurance are required.

- **Wags for Hope** is seeking a Membership Coordinator to assist in collecting membership records for volunteers and medical records for their pets. Responsibilities include: contacting members to verify membership status, maintaining the membership database, attending monthly meetings, reporting on membership activities, preparing a report to Wags for Hope officers. Qualifications include a working knowledge of MS Excel, and a willingness to commit initially to eight hours a week which will taper off to 3 or 4 hours a week. The Membership Coordinator may work from home and training will be provided.
- **Special Olympics** is seeking a Volunteer Sports Assistant to coordinate photo events for the athletes, write short biographies of athletes to use on social media, prepare information for use on trading cards, and compile biographical information on Special Olympics Maryland Athletes, leaders, ambassadors and global messengers. The volunteer must live in Frederick County, be proficient in MS Office, and social media.
- **Habitat for Humanity** builds affordable homes for families in need and they always need volunteers, no matter the level of experience, to help out on building sites. However, if you are experienced in the construction field and could lead a group of volunteers at a building site, your assistance is especially needed. Other opportunities with Habitat include staffing the Restore, Habitat's store for used and unused building supplies, helping with administrative tasks in the Habitat office, working on a committee or helping out with a fundraising event.

## SENIOR ADVOCATE HONORED BY COMMISSION ON WOMEN



### Retired & Senior Volunteer Program

Carol Haag  
Director  
Karen Patterson  
Coordinator

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RSVP@aacfmd.org

Elizabeth Chung, executive director of the Asian American Center of Frederick, was recently named the 2016 Woman of Excellence by the Frederick County Commission on Women.

Chung has long been known for her advocacy on behalf of all members of Frederick County's immigrant and ethnic minority communities, but services for seniors have a special place in her heart.

"Culturally, our immigrant communities are used to caring for seniors at home in multi-generational settings," Chung notes, "but

the realities of today's world are changing that dynamic. More and more ethnic minority seniors are in need of services outside the home, and it's a new issue for most families. One of my goals is to talk more about that and explore new services for these and all other seniors in need."

It's also the reason Chung worked hard to bring the RSVP program back to Frederick County through AACF. "We are very proud of this achievement," she said. "It's a great service for Frederick County."

Throughout her years of

public service, Chung has been a strong advocate for other women as well, helping them achieve their educational, professional and business goals. "Our families and communities are stronger when women are self-confident and self-sufficient. It's a pleasure to see young women moving forward, and especially heartening when immigrant women achieve their American dreams."