



RSVP Reporter

RSVP is a community service organization for Centre County volunteers age 55 and older. *RSVP Reporter* is a publication of the Retired and Senior Volunteer Program.

BANKING ON LOCAL PRODUCE: AN INTERVIEW WITH BILL ZIMMER

RSVP Staff Member, Andrea Puzycki (A), caught up with Bill Zimmer (B) for an interview about an amazing partnership between the Food Banks and Local Growers.

A: How did the partnership between the Food Banks and Local Growers get started?

B: Six years ago, I had a small plot and was growing things for family and friends. I had some extra potatoes and took them to the Food Bank. They were so appreciative of my donation because their clients want to get fresh produce but can't afford it. It was then that I decided to expand my efforts to 1.5 acres.

A: Are there other growers involved?

B: The first year there were 4 of us, but currently there are about 12 different growers from individuals, churches, corporations and the University.

A: How is this year's season going?

B: This has been a good year for growing and we had bountiful harvests of potatoes, melons, squash and cucumbers.

A: How many volunteers are helping this season and how are they helping?

B: I have two volunteers who come 1-2 days per week to help maintain the plots. They sow the seed, plant seedlings and harvest the crops. During the whole season, we have about 25 people (mostly PSU students) who do a lot of work in the spring and again in the fall. *(Lots of ops for RSVP volunteers in the summer!)*

A: How much produce is distributed?

B: I personally donate about 3 tons *(imagine a standard dump truck full)* and others are on target to donate that much as well.

A: How can RSVP volunteers help?

B: For the next year, we could definitely use **more growers** to help us provide a continuous stream of produce. We also need people willing to **move** the produce *(drivers)* from the growers to the local Food Bank.



Bill Zimmer coordinates a network of growers that supply fresh produce to the local Food Banks. He is shown with a harvest of melons and his garden beds in the background.

We currently serve the State College and Bellefonte Food Banks and have shared some food with the Millheim Food Bank.

If you wish to help with this important project, please contact Bill at Billzimm@verizon.net

WHO'S HUNGRY IN CENTRE COUNTY?....LOOK ON PAGE 2 FOR DETAILS!



Centre County Retired and Senior Volunteer Program
 814-355-6816
 FAX 814-548-1137
 rsvpvol@centrecounty.pa.gov

Clayton Reed, Jr,
 Director, Office of Aging

- **Andrea Puzycki,**
 RSVP Staff
 ampuzycki@centrecountypa.gov
- **Brenda Reeve,**
 RSVP Staff
 breeve@centrecountypa.gov

INSIDE RSVP: WHO'S WHO?

Advisory Council:

- Kay Boob
- Flora Brooks
- Marie Crater
- Barbara Dean
- Ben Malone
- Vickie Morgan
- Pat Park
- Judith Pressler

- Florence Reese
- Marsha Sackash
- Dave Schuckers
- Donna Shawley

Edwina Sims

Gary Wiser, Chair

John Ziegler

You? New members are welcome!



INSIDE RSVP: ANDREA AND BRENDA

Andrea & Brenda
 The dynamic duo at RSVP,
 at your service!

Brenda and I are excited to welcome you to our new newsletter format, and we want to thank Advisory Council member, Marsha Sackash for spearheading this exciting effort to keep our RSVP community informed and up to date. We can't promise to send more than two newsletters a year, but we are thrilled to have this one in the mail to you.

First, thank you to all who post-

ed the pen pal opportunity and recruited among your churches, book clubs, knitting groups, organizations, and families! We matched every child, and we could not have done that without all of you. Bless your wonderful hearts!

Please join us again to help recruit volunteers for our VITA (Volunteer Income Tax Assistance, see page 7) and the Pa-SEC (Pennsylvania Senior En-

vironmental Corps, see page 6) and consider new opportunities with food banks, Meals On Wheels, and Career Pathways.

Anytime you are seeking a new opportunity, please be in touch with us. We are at your service to talk about volunteering!

Our emails are listed above, so stay in touch!

Andrea & Brenda

Your Centre County RSVP Staff



4,646 people in Centre County relied on food banks last year. 30% of Centre County earns less than a living wage.

WHO'S HUNGRY IN CENTRE COUNTY?

Centre County is one of eight PA counties where more than 30% of all households are living below the "self-sufficiency standard" or "living wage," a term defined as the amount of income necessary to meet basic needs. Low wage employment and unemploy-

ment are stronger predictors of food insecurity than poverty, according to Hunger in America, and 16% (3,890 individuals) of that population are children under the age of 18. An average of 2,623 Centre County households and 4,646 people have received food from seven

Centre County food banks and pantries in 2013.

Hunger in America starts right in your back yard.

Please consider a donation to your area food bank, **and look for food bank volunteer opportunities**, see pages 1&6.

Troopons®? A Win-Win Program

Would you like to help and at the same time support Active Military Families at home and abroad? Wondering what you can do to help? Do you have coupons at home that you don't use, or would you like to cut out coupons to send to the families of active military?

Here's how to help...
Deliver coupons to

your local senior center (see page 4 for the list).

The coupons have to be manufacturer coupons, not store coupons, nor internet coupons, and they can even use expired coupons up to 8 weeks after the expiration date.

If you get the newspaper and don't use the coupons, drop them at

your senior center. Don't forget to sign the donation sheet and earn a volunteer hour toward Troopons®!

A group of volunteers will cut and sort them. This action reminds some of us of the WWII Victory Garden and Ration books. A great way to help our active military personnel!



Send us your
TROOPONS® !!

Join the
TROOPONS® PROJECT!!

Contact RSVP, or your local senior center for more information!

(See a complete list of Senior Centers on page 4)

www.supportourtroops.org

The RSVP Speaker's Bureau Needs You!

Please read the article below and then make a move to become part of the Speaker's Bureau!!

A Call for Speakers and Presenters...

- Can you...
- Teach a group to make something
 - Talk about living wills
 - Share research about a specific topic
 - Educate seniors about Healthy Living

Many civic groups, church groups and other organizations have a need for speakers for their organization. Think about what skills, talents, interests, hobbies, and knowledge you have and how you could share them with others.

Next, contact the Speaker's Bureau and sign on as one of this distinguished group. RSVP will share the list with local groups and contact you if there is interest in your ideas.

**Need a speaker?
Want to be a speaker?**
CONTACTS FOR THE
SPEAKERS BUREAU
RSVP at 814-355-6816
or
Judy at 814-355-4615
or
email
rsvpvol@centrecountypa.gov

CENTRE COUNTY SENIOR CENTERS

**Bellefonte Center-
Vickey Confer, Center Manager**
203 N. Spring Street, Bellefonte, PA
16823
Daily: 8:00 a.m. to 2:00 p.m., 355-6720
bellecenter1@gmail.com

**Centre Region Center-
Cindy Stahlman**
131 South Fraser Street, State College,
PA 16801
Daily: 8:00 a.m. to 4:30 p.m., 231-3076
cclitherow@crcog.net

**Philipsburg Center-Julie Blazosky,
Center Manager**
Philipsburg Towers, 300 North Front
Street, Philipsburg, PA 16866
Daily: 8:00 a.m. to 2:00 p.m., 342-6549
pburgcenter@comcast.net

**Centre Hall Center -Paula Snyder,
Center Manager**
Centre Hall Fire Hall, Centre Hall, PA
16828
Mailing address: 102 Leisure Lane, P.
O. Box 32, Madisonburg, PA 16852
Tuesday, 8:30 a.m. to 1:30 p.m., 364-
9511
Thursday at the Penns Valley Center
chcenter@iqnetsys.net

**Penns Valley Center-
Paula Snyder, Center Manager**
102 Leisure Lane,
P. O. Box 32,
Madisonburg, PA 16852
Monday, Wednesday, Thursday and
Friday: 8:00 a.m. to 2:00 p.m., 349-8188
Tuesday at the Centre Hall Center,
8:30am to 1:30pm
pvcenter@getwireless.net

**Snow Shoe Center-Sandy Rapasky,
Center Manager**
Medical Center, P.O. Box 152, Snow
Shoe, PA 16874
9:00am to 2:00pm, Every Tuesday
Programs at Center on First and Third
Thursday
Center Activities available W, Th and
Friday
Tuesday: 387-4086
snowshoecenter@gmail.com

Join the TROOPONS ® PROJECT!! See page 3.

Centre County Food Banks

**Centre Hall/Potter Township
Food Pantry**
127 S. Pennsylvania Ave.; Centre Hall, PA 16828
(814)364-1675

FaithCentre Food Bank
131 South Allegheny Street; Bellefonte, PA 16823
(814)355-2238

Food Bank of State College Area, Inc.
1321 S. Atherton Street, State College, PA 16801
(814)234-2310

Howard Area Food Pantry
Vesper Street; Beech Creek, PA 16822
(570)962-2407

Penns Valley Family Service Center
337 E. Aaron Square, Aaronsburg, PA 16801
(814)234-2310

**Philipsburg Community Action
Food Pantry**
14 South Front Street, Philipsburg, PA 16866
(814)342-0404

Snow Shoe/Mountaintop Food Pantry
Snow Shoe United Methodist Church
Moshannon Avenue,
Snow Shoe, PA 16874
((814)387-6230



WHO NEEDS TO BUILD CAPACITY?

So, how are things going at your non-profit? Is everything running smoothly, all the volunteers happily serving? All the consumers content?

If so, wonderful, please call RSVP and share your secrets with us!

If that doesn't quite describe your organization, maybe we can help.

Keeping your non-profit running in ship shape takes a little planning and a little training and a little structure, but the

pay off in happy, content volunteers and a quality program is worth the effort.

Contact RSVP if you would be interested in attending, or sending volunteers from your non-profit to attend, some training on quality volunteer management practices including:

- Recruitment
- New volunteer orientation
- Training
- Mentoring
- Reporting
- Recognition

A Volunteer Management Training program is currently in production by RSVP staff. If you would be interested in a program like this, we would love to talk to you about the best way to provide the training for your non-profit.

Please direct inquires about volunteer management to Andrea Puzycki at ampuzycki@centrecountypa.gov



Sometimes a little point in the right direction is all it takes to find the path! Consider Volunteer Management Training with RSVP!

VOLUNTEERS... WE NEED YOU!

The **American Red Cross** is seeking volunteers to give senior preparedness presentations. These presentations will focus on helping seniors in our community prepare for disasters and become more resilient during a time of emergency.

“**For Seniors by Seniors**” focuses on steps to preparedness, what to do once a disaster strikes and how to recover from a disaster. This program includes awareness for those that may have physical limitations and how they can still protect

and prepare themselves.

If you are interested in this or any additional opportunities with the Red Cross, please begin the volunteer application process by visiting

[Volunteer Connection](#)

or

contacting Mary King at mary.king2@redcross.org or 814-237-3162 x 1626.



American Red Cross

“Volunteers are the only human beings on the face of the earth who reflect this nation's compassion.”
Erma Bombeck

PARTNERS WE NEED YOUR PHOTOS!

RSVP would like to give a shout out to the excellent work you and your volunteers are doing in our communities.

Please send us photos (up to five) of volunteers in action to include in our luncheon slide show.

If you send along your logo, we can ID your photos too!

PHOTO SUBMISSION DEADLINE:

OCTOBER 1ST

Submit your photos to RSVP at

rsvpvol@centrecountypa.gov

Good at PowerPoint? Volunteer to help RSVP put the slideshow together!



25 RSVP Year Volunteers pictured (L-R) John Hoke, Mary Crater, Dick Wolf, Margaret Col, and Betty McCloskey. (2nd row) Commissioners Chris Exarchos, Michael Pipe, and Steve Der-shem; RSVP Dir. Brian Query.

CONSIDER THESE OPPORTUNITIES...



State College Area Meals on Wheels

State College Area Meals on Wheels (SCMOW) has the following volunteer opportunities for you!

Friendly Visitor: Deliver cheer and nutritious meals to homebound seniors on Wednesdays and Fridays from 10 am to 1 pm.

Driver: Transport healthy meals to homebound seniors on Fridays from 10 am until 1 pm. Volunteers must have a vehicle, current driver's license and auto insurance.

Contact

**STATE COLLEGE
MEALS On WHEELS**

at

(814)237-8135 or

www.scmow.org

**to complete the applica-
tion.**



The Food Bank of State College is seek-

ing Grocery Assistants for the newly renovated "Client Choice" food selection.

The Grocery Assistant is responsible for guiding the client through the "grocery store" in a timely and fair manner.

A Grocery Assistant may assist the client with selection of foods and take the opportunity to educate the clients on healthy choices.

Requirements

- Must be able to stand/walk for a length of time (distribution 3-4 hours)
- Must be able to communicate effectively and positively with clients, fellow volunteers and staff
- Accurately able to follow the guide sheets for distribution

State College Food Bank

missy@scfoodbank.org

**814.234.2310 - of-
fice 814.272.0649 - fax**

ENVIRONMENTAL STEWARDSHIP: CCPaSEC

**"It is easy to make
a buck. It's a lot
tougher to make a
difference."**

Tom Brokaw



Join the Centre County Pennsylvania Senior Environmental Corps (CCPaSEC) as they monitor the fishing streams and watersheds of Centre County, maintaining over a decade of data of changes in Dissolved Oxygen, Macro invertebrates, and so much more!

PaSEC is recruiting for two teams, and they need your help! Ongoing training will ensure that you learn the tests and the sites. Contact RSVP for more information and to get started, and visit the CCPaSEC website at

ccpasec.centreconnect.org

Career Pathways: Adult Tutors

New RSVP partner, **Career Pathways (CP)**, is currently seeking **college-degreed** adults to tutor Centre County individuals or small groups of students.

CP is funded through a grant from the Pennsylvania Department of Education, Division of Adult Basic Education, through the Institute for the Study of Adult Literacy, Penn State College of Education.

Training and materials are free to volunteers. Our next training is scheduled for

**WEDNESDAY,
October 22 & 29
from 5:30-8:30 PM at**

405 Keller Building on the University Park campus.

Parking is conveniently located across the street in the Nittany Lion Inn parking deck. Light refreshments will be served both evenings.

For additional information or to enroll in the training please call **Wendy at 863-9333**.

Space is limited. You truly will make a difference by volunteering only 3 hours a week.

**www.ed.psu.edu/isal/
career-pathways-program**

Economic Opportunities: VITA (Volunteer Income Tax Assistance)

VITA NEEDS MATH AND COMPUTER VOLUNTEERS!

Centre County Volunteer Income Tax Assistance (VITA) Program is neighbors helping neighbors navigate the increasingly complicated tax filing process.

Twenty returning VITA volunteer tax preparers need your help in providing tax assistance at sites in Bellefonte, State College, Aaronsburg, and Philipsburg. The sites generally open the first week of February and close on or before April 15.

Tax preparation volun-

teers attend training in order to pass the IRS certification exam at the Advanced Level, and to gain experience using TaxWise® software for filing returns electronically.

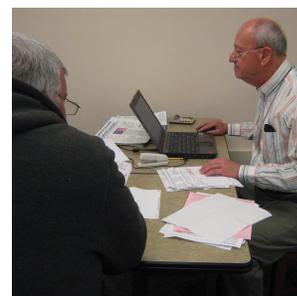
New tax preparers will be assigned a mentor to assist them with initial use of the program, and with questions along the way. New tax preparers are asked to attend orientation trainings on Mondays in November and then join the returning tax preparers for the certification exam prepara-

tion in January.

For 2013, Centre County VITA preparers completed more than 1,400 returns for families with income less than \$52,000 and saved the tax payers who need it most, more than \$200,000 in tax preparation fees.

For many tax payers, Centre County VITA is their only opportunity to receive sound tax advice and to file their returns electronically, a process that both reduces error and speeds up the receipt of refunds.

To volunteer as a tax preparer, please contact RSVP at (814)355-6816 or email vita@centrecountypa.gov



A 2013 tax appointment in progress at Schlow Library.

**ORIENTATION TRAINING: NEW VITA VOLUNTEERS,
Mondays, November 3, 10, 17 & 24 , Rm 317, Willowbank Bldg, Bellefonte, PA**

IRS CERTIFICATION TRAINING

(FOR NEW & RETURNING VITA VOLUNTEERS)

Volunteers are asked to attend four sessions held weekly from 8:30 to 5 PM on either Thursdays or Saturdays in January
Room 317, Willowbank Building:

Thursdays, January 8, 15, 22 and 29

OR Saturdays, January 10, 17, 24 and 31

**RSVP is happy to announce that our Volunteer Recognition Luncheon is coming soon!
Volunteers who have reported a minimum of 12 hours will receive an invitation in September.**

Volunteer Recognition Luncheon

Wednesday,

October 22, 2014

At the Penn Stater!

PARTNER PHOTOS: A reminder to partners of the opportunity to share the work of your volunteers with photos for our luncheon slide show. See page 5 for details. Great way to recruit!!

Thank you for partnering and volunteering with RSVP of Centre County! The lives enhanced and enriched through volunteering are too numerous to count and we couldn't celebrate without you!

Retired & Senior Volunteer Program

Willowbank Office Building
420 Holmes Street, Room 339
Bellefonte, PA 16823
<http://centrecountypa.gov/index.aspx?NID=348>



Report your Volunteer Hours today!!

