



# 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



July/Aug  
2015



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

## RSVP Annual Luncheon, Tuesday August 25 12:30-3pm

**Who:** Volunteers who submitted timesheets or joined RSVP in the past 12 months—invitations are coming! Volunteers eat free and guests are welcome for \$20/person payable to Norfolk County RSVP.

**Featuring:** Jake Comer, former National Commander of the American Legion. Award to Chickie Abdallah for her outstanding work for Interfaith Social Services in Quincy. Music by New England Conservatory students.

**Menu:** Crisp garden salad with creamy Italian dressing, grilled chicken breast with honey mustard glaze, garlic mashed potatoes, broccoli with butter garlic sauce and chopped tomatoes. Warm apple crisp + whipped cream. IF YOU REQUIRE A SPECIAL DIET MENU please contact Sally at 781-234-3448 or rsvp@norfolkcounty.org

**Bring:** Toiletries for homeless veterans, to be distributed at Dorchester Stand Down event (see below)



### Letter Carriers' Food Drive, May 2015

RSVP volunteers Nancy McKinney and Bisi Aladesulu in Quincy

New RSVP volunteer Peter Pechulis in Dedham



### New Volunteer Opportunities

#### Retirement and Rehab Visitors and Ombudsmen

- Visit veterans in retirement facilities (see back)
- Be trained to mediate concerns between nursing home residents and their facilities

#### Father Bills Homeless Services, Quincy

- Employment Support: Work with shelter guests to assist them in obtaining employment. Includes assessment interviews, resumes, on line job searches, etc. Hours available: 6-8pm Mon-Fri.
- Morning check-out, 6-8am – all days or evening intake, 4-6pm Wed/Fri
- Prep and serve lunch Tues or dinner Fri, Sat & Sun
- Kitchen Garden Volunteers: 1-2 hrs per week, flexible
- Housing clean-up team, monthly

### School Kick-Off Meeting

Welcome to our many new volunteers interested in serving in elementary school classrooms this fall.

If you will start a new placement this year, please mark your calendar:

Wednesday, August 12, 2-4pm  
Randolph Senior Center  
16 Fencourt Avenue in Randolph



### RSVP Helps Homeless Veterans at Dorchester "Stand Down" August 28

Stand Downs are one-day events providing supplies and services to homeless Veterans, such as food, shelter, clothing, health screenings and VA benefits counseling. They are coordinated between local VA Medical Centers, other government agencies and community-based homeless service providers.

**DONATE** items through RSVP. Bring personal care items including toothbrushes, toothpaste, and disposable razors to collection boxes at our annual luncheon. Partners are welcome to collect items before the luncheon to combine that day.

**GIVE YOUR TIME** Friday August 28 with a team of RSVP volunteers supporting the event. Call the RSVP office at 781-329-5728 to sign up.

**A bright note:** Special Thanks to the Olive Garden for donating and serving dinner at the Randolph Senior Olympics in May.



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

**Upcoming Veteran Book Club in August**

Our next book club meeting is set for Tuesday, August 18th from 2-4:30pm at the Kennedy Senior Center, 440 E. Squantum St. in Quincy. Our featured book is: 'Unbreakable: A Navy SEAL's Way of Life' by Thom Shea. Copies have been generously donated by the author and are available for all participants. All veterans wanting to participate in the club are encouraged to call Norfolk County RSVP, Robert Pierson at 781-234-3445.

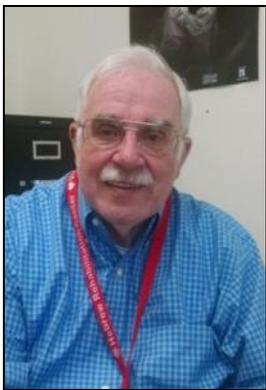
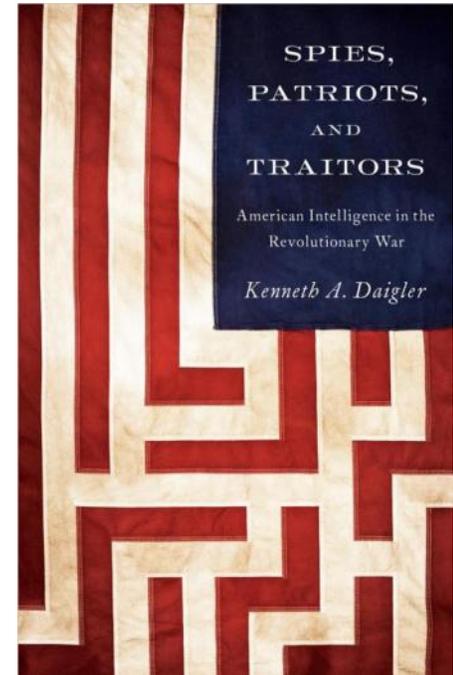


**New Book and Author Presentation Coming in the Fall**

The staff of Norfolk County RSVP are pleased to announce our very first 'Author Talk' for our Veteran Book Clubs. Kenneth A. Daigler is the author of 'Spies, Patriots, and Traitors: American Intelligence in the Revolutionary War'. Ken will be speaking about the birth of American Intelligence in his presentation to be held in early fall at VFW Hall in Dedham. Publisher Georgetown University Press will be donating copies of Ken's book for our club participants. Book discussion will be scheduled for a subsequent meeting.

Kenneth A. Daigler is a retired career CIA operations officer. He has a BA in History from Centre College of Kentucky, an MA in History from the Maxwell School at Syracuse University, and served in the US Marine Corps.

*STAY TUNED FOR MORE DETAILS !!*



**Visiting Veterans at Retirement & Rehabilitation Facilities: RSVP Volunteer Richard Anderson**

Just before Memorial Day, Rick Anderson dropped by the RSVP office, glowing, to tell us about how much he enjoys visiting veterans at NewBridge on the Charles in Dedham—and to remind us that they could use some more volunteers to fill the same role.

"When I first got there, I had to pass the CORI test and have certain shots. One rep took me around to the rooms for people I'm assigned to, and I just started talking. I'm there 3 mornings per week, 10 to 12." Rick has a card listing names and rooms for the 4 people he sees.

He mixes it up when choosing the order he visits people. Some of the veterans there have their wives with them, and he visits both of them.

"I'm on my own schedule. I sit and talk to them about anything they want to talk about, what their lives were. What they did and didn't do, and I tell them about me. It's like when you meet a new friend; when you meet someone you get to talking to them. I found the residents and people working there to be wonderful people. I met a couple people who didn't want to talk. Then I was reassigned to someone else. Most are in their 90's, some are in their 100's. Some younger folks are there for medical reasons. It's a wonderful experience, it gets me up in the morning, out and going." If you are interested in visiting vets at a retirement or rehab facility, please call RSVP.

**The Gratitude of Veteran Richard MacGowan**

Richard P. MacGowan of Foxboro was stationed in Korea in 1954 at the end of the war. When being interviewed for this article he said, "I did not see combat. I served and I really appreciate what it means to be a Veteran." Richard and his daughter-in-law Kathy, contacted the Rides for Vets Program in December 2014. Richard was preparing for cancer treatment that could require a lot of time and he needed help with rides to the hospital. We went to work and set up multiple drivers to take Richard to treatment every weekday, then bring him home after. With two unexpected treatment extensions, his drivers took him virtually every Monday through Friday for just over three months.

After Richard finished treatment he sent the office a strong letter of appreciation. He wrote: "I wish to acknowledge the exceptional service provided to me during my recent radiation treatment at the Jamaica Plain VA. This service provided immeasurable support during a difficult time and terrible winter. I cannot thank this organization enough. Special mention to my team of drivers: Dick Ullrich, Dan Hulub, Ken Deneault, Jim Betts, Brian McGillicuddy and David Conner." These drivers, reflective of the spirit that makes the 'Rides for Vet's Program so effective, made Dick their friend, asked after him, filled in for additional shifts and stayed committed with every treatment extension. In gratitude and out of treatment for three months, Richard shares: "They did a great and wonderful job, they always got me to appointments early or on time. I am glad you're doing this article. It pleases me very much. Don't forget to include the name of every driver who helped. "