

RSVP

Retired & Senior Volunteer Program of Berks, Pike & Wayne Counties

RSVP of Berks, Pike & Wayne Counties Volunteer Recognition Luncheon

Summer 2023

Celebrating Our Volunteers with the Price Is Right Theme: A Game Show Extravaganza for Pike & Wayne Counties

Volunteers play an invaluable role in communities, and their contributions deserve to be celebrated and recognized. A vibrant and interactive volunteer recognition luncheon was held on April 28, 2023 at Ladore Camp, Retreat & Conference Center, Carousel Dining Hall, Waymart for RSVP Volunteers of Pike & Wayne Counties, with an exciting twist inspired by the popular game show, "The Price Is Right." This unique event not only celebrated the valuable contributions of senior volunteers but also created a memorable and engaging experience for everyone involved along with the delectable food and sincere gratitude.



Celebrating Our Volunteers: A Mardi Gras-Themed Volunteer Recognition Luncheon for Berks County

Volunteering is a selfless act that deserves acknowledgment and gratitude. On May 2, 2023, the Permanency Large Conference Room in the Lutheran Home At Topton was transformed into a magical Mardi Gras wonderland for the Volunteer Recognition Luncheon for Berks County Volunteers, as vibrant colors, masks and decorations adorned the venue. The event brought joy and recognition to those who have selflessly served the community. As the festivities concluded, attendees left with hearts filled with appreciation, inspired to continue making a positive difference in the lives of others.



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Director's Note

Dear all,

Welcome to the RSVP of Berks, Pike & Wayne Counties Newsletter Summer Edition.

Summer opens a world of opportunities for outdoor activities, enabling us to embrace the wonders of nature and enjoy its beauty. From leisurely strolls in fragrant gardens to adventurous hikes through breathtaking landscapes, embarking on a scenic picnic or even trying our hand at gardening—a therapeutic activity that allows us to witness the miracles of growth firsthand.

For many of us, summer has been an eagerly anticipated time since childhood. It evokes memories of carefree days spent building sandcastles on the beach or sharing a refreshing ice cream cone with friends. It encourages us to savor the delectable flavors that define the season. From juicy fruits bursting with sweetness to barbecues filled with mouthwatering aromas, our taste buds are treated to a delightful symphony of culinary delights. Summer has a way of capturing our hearts and reminding us to indulge in the simple pleasures of life.

As we explore outdoor activities and enjoy the sunshine, it's important to prioritize our safety. As the Director, I am thrilled to provide you with some exciting suggestions for fun and safe activities to make this summer unforgettable. I have curated a list of engaging options that will allow you to enjoy the season to the fullest, while prioritizing your health and well-being. So grab your sunglasses, put on some sunscreen and let's dive into the possibilities!

1. **Outdoor Picnics:** Take advantage of the pleasant weather and gather your friends for delightful outdoor picnics. Choose a local park or a scenic spot, and pack some delicious snacks and refreshing drinks. It's a fantastic way to enjoy good company, soak in nature's beauty and savor tasty treats.
2. **Walking and Hiking Trails:** Engage in the great outdoors such as walking or hiking adventures. Discover nearby trails that suit your fitness level and preferences. Whether you prefer leisurely strolls or challenging hikes, there are options for everyone. Remember to wear comfortable shoes, carry water and take breaks as needed to fully appreciate the surroundings.
3. **Gardening and Plant Care:** Unleash your green thumbs and nurture a garden. Whether it's a small balcony space or a larger plot, gardening can be a rewarding and therapeutic activity. Engross in planting flowers, cultivating herbs or growing your favorite vegetables. Not only will it beautify your surroundings, but it will also provide a sense of accomplishment and joy.
4. **Creative Workshops:** Explore your artistic side by joining creative workshops in your community. Attend painting classes, pottery sessions or even learn a musical instrument. Engaging in artistic endeavors can be fulfilling, stimulating and a great way to express yourself while meeting like-minded individuals.
5. **Volunteer Opportunities:** Give back to your community by participating in volunteer activities. There are numerous organizations looking for helping hands during the summer. You can assist at senior centers, food pantry, community gardens or libraries. Contributing your time and skills will not only make a positive impact but also provide a sense of purpose and fulfillment.
6. **Book Clubs and Discussion Groups:** Dive into the world of literature by joining book clubs or discussion groups. It's an excellent opportunity to explore new authors, share your thoughts and take part in stimulating conversations with fellow book lovers. Many local libraries organize these groups, or you can even form one with friends and neighbors.
7. **Outdoor Concerts and Performances:** Check out local events and outdoor concerts in your area. Many communities organize live music performances or open-air theater shows during the summer. Pack a blanket or lawn chairs, and enjoy the melodic tunes or captivating performances under the stars.

As we commence on this summer journey, let us embrace the spirit of adventure, curiosity and connection. Make lasting memories, foster new friendships and cherish the joy that comes from engaging in fun and safe activities.

Wishing you a summer filled with laughter, happiness and unforgettable moments!

All the best,

Mary Grace Doloso-Pedrosa

Director RSVP Berks, Pike & Wayne Counties



Word Search

SUMMER WORD SEARCH

W U D C E U O Q L C W H P F T D S M J U
B T J C K Z Q H P V L E Y R N P R A Z T
T E J R E M M U S I T V D P O Z E J I M
L B A K H M E D M P R V H L K Q L N I S
T E V C B V O N O G P T F K D S K A C S
M W F H H Q K S O V N P D J N V N G E L
H Y G N I P M A C L I I K A I G I Q C B
X R U X W S R N Y L E U M C O L R B R N
S G A F F B H D F R L M R M Q R P M E W
T W F I B U O C P H I B R N I U S G A I
L I N S A J T A C A P D T E A W F Z M E
E D E H S L D S R O R D B Q T E S N R L
M M B I E W Q T O K S K V B K A C L Z C
O H S N B T R L U G W A O A X L W O V I
N W B G A P A E C S C P J R P Q I S Y S
A B F Y L F L H M A X Y T B W U J G P P
D M G T L M I B T Y K U S E B Y C I E O
E W T I U S M I W S H A Y C R Z T N C P
O F J S W D O M S S B C C U P H N A D K
R R M W U N X X W Q V A E E D K L I I B

Barbecue
Baseball
Beach
Camping
Fishing



Flip Flops
Ice Cream
Lemonade
Ocean
Park



Pool
Popsicle
Road Trip
Sandcastle
Sprinklers



Summer
Swimming
Swimsuit
Vacation
Watermelon

Health Update

Heat and Older Adults

People aged 65 years or older are more prone to heat-related health problems. If you're an older adult or a caretaker, review this page for information on how you or the person you're caring for can stay safe during the heat.

Older adults do not adjust as well as young people to sudden changes in temperature.

They are more likely to have a chronic medical condition that changes normal body responses to heat.

They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

Stay cool

- Stay in air-conditioned buildings as much as possible.
- If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.

Stay hydrated

- Drink more water than usual and don't wait until you're thirsty to drink.
- If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

Stay informed

- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

CARETAKER CHECKLIST



Keep a close eye on those in your care by visiting them at least twice a day, and ask yourself these questions:



Are they drinking enough water?
Do they have access to air conditioning?



Do they know how to keep cool?
Do they show any signs of heat stress?

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none">• High body temperature (103°F or higher)• Hot, red, dry, or damp skin• Fast, strong pulse• Headache• Dizziness• Nausea• Confusion• Losing consciousness (passing out)	<ul style="list-style-type: none">• Call 911 right away-heat stroke is a medical emergency• Move the person to a cooler place• Help lower the person's temperature with cool cloths or a cool bath• Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none">• Heavy sweating• Cold, pale, and clammy skin• Fast, weak pulse• Nausea or vomiting• Muscle cramps• Tiredness or weakness• Dizziness• Headache• Fainting (passing out)	<ul style="list-style-type: none">• Move to a cool place• Loosen your clothes• Put cool, wet cloths on your body or take a cool bath• Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none">• You are throwing up• Your symptoms get worse• Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none">• Heavy sweating during intense exercise• Muscle pain or spasms	<ul style="list-style-type: none">• Stop physical activity and move to a cool place• Drink water or a sports drink• Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none">• Cramps last longer than 1 hour• You're on a low-sodium diet• You have heart problems
SUNBURN	
<ul style="list-style-type: none">• Painful, red, and warm skin• Blisters on the skin	<ul style="list-style-type: none">• Stay out of the sun until your sunburn heals• Put cool cloths on sunburned areas or take a cool bath• Put moisturizing lotion on sunburned areas• Do not break blisters
HEAT RASH	
<ul style="list-style-type: none">• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)	<ul style="list-style-type: none">• Stay in a cool, dry place• Keep the rash dry• Use powder (like baby powder) to soothe the rash

Recipe Corner

Eclair Cake

Ingredients:

1 (16oz) box Graham crackers
2 (3oz each) French vanilla pudding mix
3 cups milk
1 (8oz) Cool Whip

Procedure:

Step 1 Mix pudding and milk. Blend in Cool Whip.

Step 2 Grease 9x13 pan. Put 1 layer of crackers on bottom. Pour $\frac{1}{2}$ pudding on top. Spread evenly. Add another layer of crackers and another layer of pudding.

Step 3 Top with layer of crackers. Refrigerate.

Frosting

6 tbs cocoa
2 tbs oil
2 tsp white corn syrup
2 tsp vanilla
1 $\frac{1}{2}$ cups powdered sugar
3 tbs milk
2 tbs soft margarine

Beat all ingredients for frosting together until smooth.
Pour over crackers in pan. Refrigerate.

Recipe from Mary Ellen (RSVP Volunteer)

Happy Birthday!

June

Patricia Nelson
Elizabeth McCaslin
Christine Wetzel
Patricia Gemeinhardt
Janet E Levensgood
Marilyn Brizzi
Susan Beahr
Paul Faeder
Robert Rohner
Suzanne Bornemann
Diana Calvert
Mary Ann Asimake-Noon
Richard Flora
Doreen McLaud
Sandra Maciejewski
Cordell Bowman
Patrick Corcoran
Kathleen Hayes
Jean Imperiale
Jane Allardyce

July

Theresa Block
Christopher Koch
Jean Pollaro
Debra Wolf
Elizabeth Sullivan
Kathy Ellex
Cynthia Miller
Laurie Vilim
Kathleen Harrington
Philip Laperna
Marianna Winsjansen
James Borell
Bernice Russell
Gail K Frey
Jeff Karpen
John Russell
Donald Smith
Keith Jones
Lynn Modugno

August

Donald Giuttari
Joseph Ballestrieri
Anthony Campbell
Irving Layton
Edward Koelln
Richard Gardner
Virginia Ann
Maryann Vaccaro
Ellen Ace
Wayne Poppich
Mildred Valentin
Lori M Koehler
Dorothy Sherman
Carolyn Anderson

Robin Skibber's Retirement

Celebrating the Retirement of a Dedicated Advisory Council Member

Robin Skibber

As the sun sets on yet another chapter of dedicated service, it is with both fondness and a tinge of melancholy that we wish the best to one of our most esteemed advisory council members, Robin Skibber, Executive Director of Pike Area Agency on Aging. After years of selfless commitment, Robin has decided to embark on a well-deserved retirement.

Robin's journey with our organization has been nothing short of remarkable. From the very beginning, it was evident that her heart was deeply invested in making a meaningful difference in the lives of our senior volunteers. Her passion for empowering older adults and her unwavering commitment to their well-being have left an indelible mark on our program. As a member of our advisory council, Robin brought a wealth of wisdom, experience, and insight to the table. Her keen understanding of the needs and challenges faced by seniors allowed us to design and implement initiatives that had a profound impact.

On behalf of the Retired and Senior Volunteer Program (RSVP) of Berks, Pike & Wayne Counties, we extend our heartfelt gratitude to Robin for her exceptional dedication and support to our mission.

As you embark on this new chapter of your life, may it be filled with joy, fulfillment, and the knowledge that your contributions have made a lasting difference.

Thank you, Robin, for being an extraordinary council member, a dedicated volunteer, and a steadfast advocate for our seniors. We wish you all the happiness and contentment that life has to offer. May your journey ahead be as enriching and fulfilling as the one you leave behind.



Thank you!



**United Way
of Pike County**

Volunteer Spotlight

James Trout



My name is James Trout. I was born in Pottstown, graduated from Ursinus College, Air Force Veteran, and national sales manager for Flagg and Lee brass Companies. When I retired, I played more golf, fly fished and spent time with my family. I had some spare time, so I was looking for something to do. St. Paul's Lutheran Church in Douglassville, was involved with Diakon. So, I started transporting seniors and making new friends. St. Paul's had a Volunteer Fair about 5 years ago, I was introduced to Boyertown Area Multi-Service and started driving for Meals on Wheels. I am presently a Retired and Senior Volunteer Program (RSVP) volunteer for Berks, driving/ delivering meals for Boyertown Area Multi-Service. I am transporting blind and vision impaired clients to luncheons, events and counseling, in Berks County for the Vision Resource Center. Several years ago, I drove for Diakon. Transported people who could not drive, to medical facilities in Berks and Montgomery counties.

I have many wonderful experiences over the years. One day when I was driving for Diakon, I had an opportunity to transport a client to the Veterans Clinic in Reading. He was one of soldiers who set our American flag on Iwo Jima during World War II. He told me stories of the war and showed me his future gravestone.

I enjoy meeting new people and helping them, it makes me feel good, because I can do it. I am also making new friends.

Advisory Council Member Feature

Anne Marie Ferguson

Anne Marie grew up in Muhlenberg Township, PA. She graduated from Reading Central Catholic High School. Anne Marie majored in history at Millersville University. She worked for Meridian Bank and CNA Insurance before working for Senator Mike O'Pake in 2000. When Senator Judy Schwank won the special election in 2011, Anne Marie was brought onto her staff. Anne Marie is married to Tim Ferguson and has 3 wonderful children who now live out of state which gives her an excuse to travel the east coast. Her hobbies are reading, volunteering at her church, spending time with her family and friends, and taking care of her two fur babies at home. Anne Marie is a member of the Board of Advisors for the Berks County Area Agency on Aging, serves as Advisory Council Member of the Retired and Senior Volunteer Program (RSVP) of Berks, Pike & Wayne Counties, and a member of a local school board.





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