

RSVP

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

Winter 2023

Exploring the Benefits of Senior Expos: A Gathering for Wellness and Connection

Senior expos have become a vital part of community engagement, providing a unique platform for seniors to explore, connect and discover valuable resources tailored to their needs. These events, often organized by local communities, senior centers or organizations, offer a myriad of opportunities for older adults to enhance their well-being and stay connected.

At the heart of senior expos, the focus is on health and wellness. Attendees can access a wealth of information about healthcare services, preventative care and lifestyle choices that contribute to a fulfilling and active senior life. These expos empower seniors to make informed decisions about their health.

One of the key advantages of senior expos is the gathering of professionals from various fields under one roof or venue. Seniors can connect with healthcare providers, financial advisors and representatives from senior living communities, gaining insights into available services and support systems. This holistic approach fosters a comprehensive understanding of the options available to seniors as they navigate the different aspects of aging.

On October 4, 2023, the Berks Encore Senior Expo took center stage at First Energy Stadium, 1900 Centre Ave, Reading, from 9:00 a.m. to 2:00 p.m. This annual event, dedicated to the well-being and enrichment of seniors, brought together a diverse array of resources, services and activities.

The Annual Lackawanna & Wayne County Senior EXPO, sponsored by The Salvation Army/Ladore Conference Center and Representative Jonathan Fritz, was held at Ladore Camp in The PARC (Performing Arts and Recreation Center) 287 Owego Turnpike, Waymart, PA 18472 on October 26, 2023, from 9:30 a.m. to 12:30 p.m.

In Pike County, the Annual Senior Citizen's Expo was sponsored by State Representative Joseph Adams on September 8, 2023, from 10:00 a.m. to 2:00 p.m. at Dingman Township Fire Hall, 680 Log Tavern Road, Milford, PA.

The Retired and Senior Volunteer Program (RSVP) of Berks, Pike & Wayne Counties participated in the events. It was a great opportunity to interact with seniors in the communities, establish connections and recruit potential volunteers.



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DIRECTOR'S NOTE

Dear all,

As the year draws to a close, I want to take a moment to express my deepest gratitude to each one of you. Your unwavering dedication has filled the Retired and Senior Volunteer Program of Berks, Pike & Wayne Counties with warmth and compassion.



The holiday season is a time of reflection, connection, and giving. Your commitment to making a positive impact is truly inspiring, and it exhibits the spirit of service to those in need that defines this special time of the year.

Your contributions, whether through companionship, support or assistance have made a meaningful difference in the communities. Let us cherish the bonds we've formed and the lives we've touched.

May the spirit of Christmas inspire us to continue spreading kindness and creating a sense of togetherness. Your selflessness has been a beacon of hope and inspiration. I am immensely proud to be part of an institution that embodies the true meaning of the festivity.

May your holidays be filled with the love and joy you've shared with others throughout the year. Thank you for being the heart and soul of our program.

Wishing you and your loved ones a festive Yuletide and a prosperous New Year!

With heartfelt appreciation,

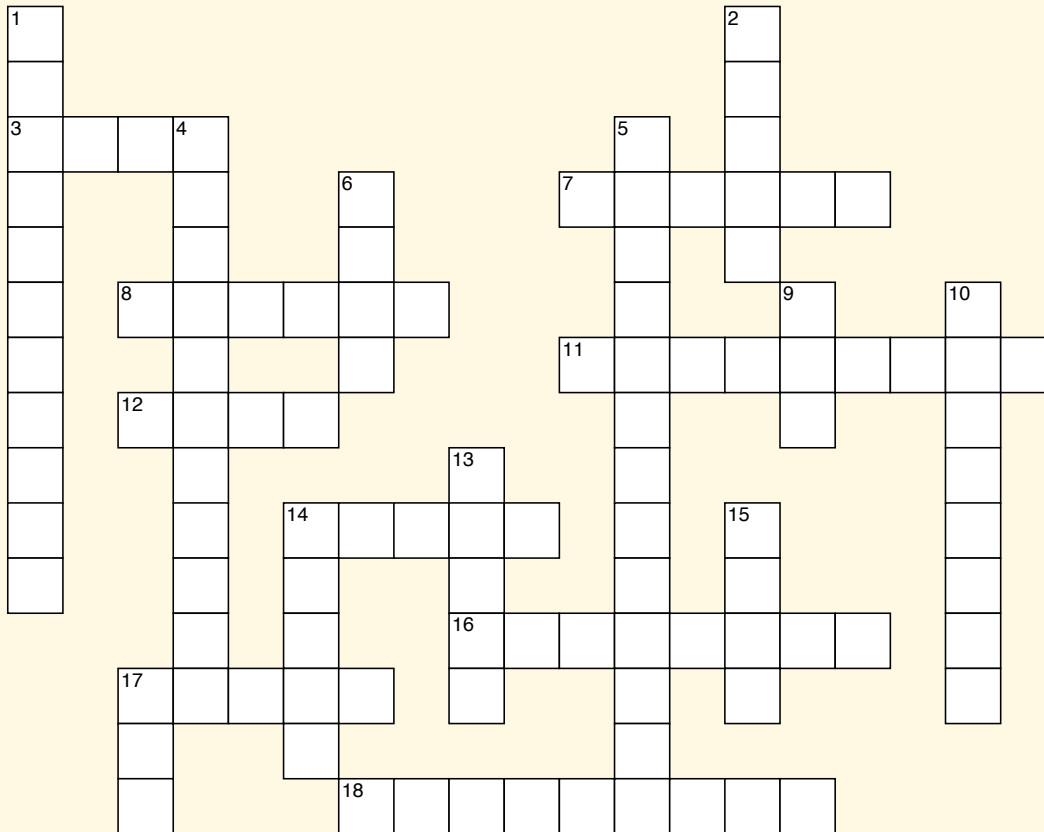
Mary Grace Deloso-Pedrosa

Director RSVP of Berks, Pike & Wayne Counties



WORD SEARCH

Winter Weather



www.CrosswordWeaver.com

ACROSS

- 3 The process by which snow or ice changes to water.
- 7 A period of very cold winter weather that damages plants.
- 8 Intensely cold temperature.
- 11 The temperature felt by the human body when wind makes it feel colder than the actual temperature.
- 12 Mildly cold feeling.
- 14 Bright with sunshine.
- 16 Snowfall that is so heavy one can see little or nothing on the horizon.
- 17 Ice crystals on a frozen surface; "Old Jack _____."
- 18 A large mass of snow that slides down a mountain.

DOWN

- 1 A standardized measure of how hot or cold it is outside.
- 2 Rain that freezes as it falls.
- 4 A tool used to measure the temperature.
- 5 Water that falls to the earth in the form of rain, hail, mist, sleet, or snow.
- 6 Pieces of ice falling from the sky.
- 9 A solid form of frozen water.
- 10 A storm with heavy snow, strong winds, and severe cold.
- 13 Covered with snow.
- 14 A mixture of snow and water.
- 15 Precipitation in the form of small white ice crystals that form inside clouds.
- 17 Thick water vapor that makes it hard to see.

WORD BANK: Avalanche, blizzard, cool, fog, freeze, frigid, frost, hail, ice, melt, precipitation, sleet, slush, snow, snowy, sunny, temperature, thermometer, whiteout, windchill.

HEALTH UPDATE

Clostridioides difficile or C. difficile

What is C. diff?

C. diff (also known as Clostridioides difficile or C. difficile) is a germ (bacterium) that causes diarrhea and colitis (an inflammation of the colon). It's estimated to cause almost half a million infections in the United States each year. About 1 in 6 patients who get C. diff will get it again in the subsequent 2-8 weeks.



- If the test is positive, you'll take a specific antibiotic (e.g. vancomycin or fidaxomicin) for at least 10 days. If you were already taking an antibiotic for another infection, your healthcare professional might ask you to stop taking it if they think it's safe to do so.
- Your healthcare team might decide to admit you to the hospital, in which case they will use certain precautions, such as wearing gowns and gloves, to prevent the spread of C. diff to themselves and to other patients.

Risk Factors for C. diff

C. diff can affect anyone. Most cases of C. diff occur when you've been taking antibiotics or not long after you've finished taking antibiotics.

There are other risk factors:

- Being 65 or older
- Recent stay at a hospital or nursing home
- A weakened immune system, such as people with HIV/AIDS, cancer, or organ transplant patients taking immunosuppressive drugs
- Previous infection with C. diff or known exposure to the germs

What if I have symptoms?

If you have been taking antibiotics recently and have symptoms of C. diff, you should see a healthcare professional.



- Developing diarrhea is fairly common while on, or after taking, antibiotics, but in only a few cases will that diarrhea be caused by C. diff. If your diarrhea is severe, do not delay getting medical care.
- Your healthcare professional will review your symptoms and order a lab test of a stool (poop) sample.

Is C. diff contagious?

Yes. To keep from spreading C. diff to others:

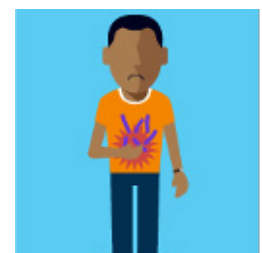
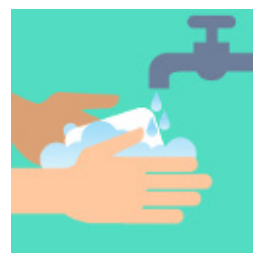


- Wash hands with soap and water every time you use the bathroom and always before you eat.
- Try to use a separate bathroom if you have diarrhea.
- Take showers and wash with soap.

Can I get C. diff again?

Some people get C. diff over and over again.

- One in 6 people who've had C. diff will get it again in the subsequent 2-8 weeks.
- If you start having symptoms again, seek medical care.





RECIPE CORNER

Kielbasa with Cranberry Sauce

Ingredients:

1-2 rings Kielbasa

1 can (large) cranberry sauce (gel type)

2 tbsps. mustard

2 tbsps. Worcestershire sauce

1 tsp pepper

1 onion thinly sliced

½ cup brown sugar

1 tsp paprika

1 tsp garlic

1 tsp Italian seasoning

Directions:

Cut meat into bite size pieces.

Add all ingredients to slow cooker.

Cook on low for 4-6 hours.

Recipe by Maryellen Fillebrown, RSVP Volunteer

December

Toni Marino
Debra Gaetano
Nancy Howell
Michael Daniels
Kathryn Highhouse
Katherine Williams
Janine Narducci
Frances Palmer
Adrienne Pecha
Helga Fruck
Linda Bauer
Judith Diacik
Dorothy Elig
Lauri Barr
George Roebling Gravel, Jr.
Michael Bikales
Marilynn Palmer
Karen Mehrtens

January

Sandra Murphy
Linda Shepard
Ilene Havey
Cindy Rake
Lori Benzinger
Kathleen Miller
Mary Kay Dashkewich
Maryellen Fillebrown
Virginia Cassidy
Najean Seufert
John Marconi
Gail Potter
Andrew Zaso
Katherine Blasch
Walter Dashkewich

February

Eleanor Hutter
Leona Bieber
Nellie Curry
Elizabeth Miller
Nancy Bernstein
Sue Good
Caroll Cox
Elizabeth McGonigal
Heleen Reiss
Carol Carroll
Patricia Miller
Kathleen Wielkopolski

Happy
BIRTHDAY
Party



Winter Fun Facts



The tallest snowman was higher than a 12-story building



The first candy canes were made without stripes



A snowflake can take up to two hours to fall from a cloud to the ground



Aomori, Japan is the snowiest city in the world



8,962 people made snow angels at the same time on the grounds of the North Dakota State Capitol in the U.S.A.



The North Pole is warmer than the South Pole

VOLUNTEER SPOTLIGHT

Rich Flora



I am Rich Flora and I have been a RSVP volunteer since February 2023. Through the RSVP program, I now volunteer weekly at the Salvation Army Food Pantry in Honesdale.

I really enjoy my time at the food pantry. I am part of a team with other Salvation Army volunteers. We stock shelves, straighten up the pantry, help people select food, and carry boxes and bags of food out to people's cars. We get to talk with the people we serve and hear their stories. It's amazing what other people have been through in their lives, the tough situations, and I'm glad that for a few minutes we make their lives a little easier.

On the fourth Monday of the month, we get a large delivery during which we have to unload several pallets and bring the food into the pantry. The first truck I was involved with unloading I thought to myself "am I over my head here?" There is the word Seniors in RSVP". But there are several individuals that work at

unloading the truck, and after a few hours it is done. It is a great accomplishment, and I feel like I am in my 30's again (not really, but it's good to think like that). Believe it or not, I actually look forward to the fourth Monday of the month.

So, that's an overview of what we do at the food pantry. Nothing fancy, but I feel it's important work!

ADVISORY COUNCIL MEMBER FEATURE

Danielle Dietze

Danielle grew up in Stroudsburg, PA. She finished high school in the East Stroudsburg School District and graduated in 2014. She completed a Bachelor of Science degree in public health from East Stroudsburg University in 2018 along with two minors in communications and business management.

Danielle has worked in the nonprofit community as a program manager, volunteer and community outreach coordinator and is now currently working at the American Red Cross recruiting volunteers for the Greater Pennsylvania Region. She served the Monroe County area and connected with community agencies to facilitate violence prevention programs while raising awareness for the local advocacy center. She was a member of the Northeastern Pennsylvania (NEPA) Task Force Against Human Trafficking and is currently an Advisory Council Member for the Retired and Senior Volunteer Program (RSVP) of Berks, Pike & Wayne Counties. Danielle enjoys gardening, cooking, visiting disc golf parks and training her young puppy, Remi.



337A Park Place
Hawley, PA 18428



Mary Grace Doloso-Pedroso, Director
PedrosoM@diakon.org

(610) 682-1351
1 South Home Avenue
Topton, PA 19562

Dawn Houghtaling, Coordinator
HoughtalingD@diakon.org

(570) 390-4540
337A Park Place
Hawley, PA 18428

**Pam Gerlach, Administrative Assistant/
Senior CHAT Coordinator**
GerlachP@diakon.org

(610) 682-1412
1 South Home Avenue
Topton, PA 19562

ADVISORY COUNCIL

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