

Aging Matters

IN BREVARD

February 2014

Retired and Senior Volunteer Program



Of Brevard

Save the Date

Spring Social
Volunteer Luncheon



Friday, March 7
11 AM to 1 PM
Pelican Beach
Clubhouse, Satellite
Beach

RSVP Holiday Dinner

Seventy-three RSVP volunteers and guests dined at the Annual RSVP Holiday Dinner on December 12 at Wickham Park Senior Center.

Volunteers were served a delicious meal, listened to live music, and everyone went home with a hand made gift.

See pages 3-4 for event highlights.



RSVP Advisory Council Members– Rosalie Beltzner with her husband, Sam Attard, Phyllis Principe, and Ed Corpuz

Miss to Mrs.

Love is in the air for RSVP Director, Nadia Emerson. On January 18, she became Mrs. Nadia Barnini. As promised, here is a picture from the beautiful wedding which took place in front of the historic Porcher House in Cocoa Village.



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RSVP Loves Me!

February is the month of love...

Happy Valentine's Day from all of us at Aging Matters in Brevard and the Retired and Senior Volunteer Program!

When you volunteer, you are spreading love throughout Brevard County. Thank you for making our community a better place to live!



Corporation for
**NATIONAL &
COMMUNITY
SERVICE**



United Way of Brevard

The Retired and Senior Volunteer Program is a part of Aging Matters In Brevard and funded by the Corporation for National and Community Service and United Way of Brevard

Professional Dress Clothing Drive in Honor of MLK Day

Dr. Martin Luther King Jr. once said, “Life’s most persistent and urgent question is, what are you doing for others?” this year Aging Matters in Brevard RSVP volunteers answered this by collecting over 25 bags of men’s and women’s professional clothing items from January 8-13, 2014, to benefit low income, job seeking individuals in Brevard County. Collection sites were located at the Sunflower House caregiver and resource center in



Merritt Island and Martin Andersen Senior Center in Rockledge.

On Wednesday, January 15, four RSVP volunteers met at the Aging Matters Brevard office to sort and organize the collected items, which were later donated to the Sharing Center of Central Brevard.



RSVP Volunteers (left to right) Richard Nicoli, Patrice Scarpa, and Katherine Whitley, helped collect and organize donations at the Sunflower House

Thank you to everyone who made this initiative possible by spreading the word, dropping off donations, or organizing heaps of clothing!



Aging Matters in Brevard– Florida Today– Reaching Out “Thank You”

Thanks to *Florida Today’s* Reaching Out Program and Aging Matters in Brevard’s dedicated staff and legions of volunteers, 1,091 seniors in Brevard County had a personalized gift to open this holiday season.



A big “THANK YOU” to all of the volunteers that generously donated their time and effort to deliver many of these gifts door to door!

During the holiday season, *Florida Today* printed several articles highlighting the impact this project had on the lives of Brevard County’s seniors aging alone.



Picture from *Florida Today* article, “Volunteers brighten seniors’ Christmas.”

Highlights of the Holiday Dinner



The Brevard Community Kitchen served a delicious meal of herb encrusted pork loin with a white wine sauce, penne pasta with pancetta and asparagus tips, rosemary roasted potatoes, sweet peas with pearl onions and mushrooms, and orange juice cake for dessert.



Highlights of the Holiday Dinner



Live music was provided by Jay Barnhart, who won the “Lifesaver Award” for filling in at the last minute! United Way of Brevard’s Community Impact Manager, Keith Heinly, gave a wonderful speech on the value of volunteerism to the community. RSVP volunteer, Charlotte Breen, added a personal touch to the event by hand making white chocolate snowflake lollipops and holiday gifts for everyone who attended.

Congratulations to Presidential Award Recipients!



Marty Hindsley (left) and Catherine Gallant (right) received the President’s Call to Service Award and a thank you letter signed by the President for over 4,000 lifetime hours of volunteer service through RSVP.

Build Better Bones

BONE BUILDERS senior strength training and health education program is now being offered at:

Martin Andersen Senior Center, Rockledge
Monday/Wednesday at 9:00 AM

Palm Bay Community Center, Palm Bay
Monday/Wednesday at 9:30 AM

During one-hour classes that meet twice weekly, participants lift light weights to improve their bone and muscle strength while also working to better their balance.

Bone Builders class are limited in size and registration is required in advance. Currently, a waiting list exists for Martin Andersen Senior Center; however, spots are still available at Palm Bay Community Center.



Six RSVP volunteers became certified Bone Builders Instructors at the last Train the Trainers Workshop in November

A **Train the Trainers Workshop** will take place on March 11, from 9:00 AM to 1:00 PM at Palm Bay Community Center in Palm Bay. This workshop is free of charge and will train volunteers to be Bone Builders Instructors.

Contact the RSVP office to sign up as a Bone Builders Instructor or Participant.

RSVP is Going GREEN

In an effort to reduce our paper trail, RSVP has transitioned to a new electronic hour reporting process. Instead of filling out paper forms, you or your station supervisor can now go to:

<http://AgingMattersBrevard.org/Service/Retired-and-Senior-Volunteer-Program>.

If your station supervisor submits your hours, you may not notice a change in reporting; however, if

you submit your own hours, look out for these new buttons on the website!

[What Can I Do?](#)

[Apply to Volunteer](#)

[Hours Served](#)

Paper forms will still be available for volunteers who do not have access to the internet; however, electronic reporting will be the preferred method for reporting hours.

Caroline's Corner

I have two upcoming volunteer opportunities to share:

The 19th Annual Homeless Veteran Stand Down will be held on Saturday, March 22, 2014 at the National Guard Armory in Cocoa.

RSVP has partnered with United Way of Brevard and Rolling Readers for their new reading mentoring program, beginning this month! The

program is designed to assist at-risk first, second and third graders with a goal to have them reading on grade level.

If you'd like additional information on either of these opportunities or on others like it, give me a call!

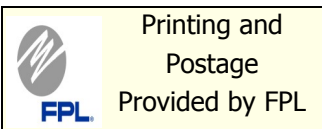


Retired and Senior Volunteer Program
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IN BREVARD

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Identity Theft Presented by Theresa Ronnebaum

On Wednesday, March 19 at 1:00 PM, Theresa Ronnebaum from the Attorney General's Office will present a short lecture on Identity Theft at the Sunflower House in the Merritt Square Mall.

Theresa is a Victim Services Program Specialist with the Division of Victim Services and Criminal Justice Programs in the Florida Office of the Attorney General, specializing in the area of Identity Theft.

Presentation topics include:

- What is Identity Theft
- What is Personal Identification Information
- Florida Identity Theft Law
- Top Five Types of Identity Theft in Florida

- Other Types of Identity Theft and Common Scams
- How to Protect Yourself from Id Theft
- Resources and Reporting

Please join us for this special presentation on a very important issue that is plaguing our seniors.

This presentation is sponsored by Care Plus Health Plans, Inc. Light refreshments will be provided.

For questions, please call the Sunflower House at (321) 452-4341.

The Sunflower House is located in the Merritt Square Mall across from Sports Authority.

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Sunflower House
community caregiver center

CarePlus
HEALTH PLANS, INC.