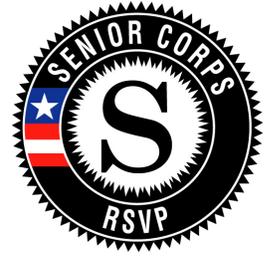


Retired and Senior Volunteer Program



Of Brevard

Save the Date:
RSVP Fall Fest
October 29
4:00-6:00PM
Martin Andersen Senior Center

Calendar of Events

October 16	Meet and Greet RSVP Staff @ Sunflower House
October 29	Fall Fest Recognition Event @ Martin Andersen Senior Center
November 14	Bone Builder Instructor Class
November 27 & 28	Closed for Thanksgiving

**“Volunteers
 are love in motion”
 -Anonymous**

New Staff Introductions

Hello, my name is Michelle Toms and I am the **new RSVP Director**. My family and I have just relocated to Florida from Louisiana. I have an MBA in Finance and my work background is in Marketing and Recruiting for non-profits, I am the proud wife of a Navy veteran and mother to three children.

I look forward to meeting each and every one of you, either in person or on the phone and getting to know you. Feel free to stop by my office and say “hello” if you’re ever in the neighborhood!

Greetings to all our volunteers from Daphne Stacey the **new RSVP Outreach Coordinator**. I am a native Floridian, born in Gainesville, attended the University of Florida and have traveled extensively. My background also includes dance, film, and event and volunteer management. I recently moved to Brevard County and am discovering all the beauty and activities this county has to offer.

I hope to be able to meet each of you and plan to visit our partnering stations in the coming months.

Volunteering is so important for healthy communities and to keep us all connected. You are all heroes!



**Aging Matters in Brevard
 Welcomes Michelle Toms and
 Daphne Stacey to the RSVP
 Team!**

*Left: Michelle Toms
 Right: Daphne Stacey*

Volunteer Opportunities

No prior experience necessary. Will train!

- Bone Builder Instructors—various locations
- Substitute Bone Builder Instructors—various locations
- Meals on Wheels— Drivers
- Vets Driving Vets— Drivers

Bone Builders!



Blanche & Shirley, RSVP Bone Builders Instructors at Martin Andersen Senior Center

Needed: Volunteer Instructors for the Bone Builders Program

The results of the 2014 United States of Aging Survey are in! This year, older Americans are taking more proactive steps to improve their health, like exercising daily and setting health goals. This uptick in healthy behaviors correlates with increased levels of optimism and confidence in maintaining health.

Bone Builders is a light weight training and exercise program designed to increase bone density and prevent osteoporosis. RSVP's Bone Builders program is now in four locations and have waiting lists. RSVP would like to open more classes at new sites.

If you would you enjoy teaching an exercise class and feeling good yourself?

Please attend our instructor workshop to train volunteers to be exercise instructors on **Friday, November 14** at the Martin Andersen Senior Center at 9:00AM. Training lasts three hours and includes information on Osteoporosis and healthy lifestyle recommendations, the exercise program guide, instruction on all exercises and a certificate of completion.

Please call Daphne at (321) 631-2749 if you would like to join a great group of volunteers making an impact on health and well being in our community.

Meals On Wheels Volunteers needed

Aging and illness can affect an individual's ability to prepare the nutritious meals that are essential for living a full and happy life. Meals on Wheels serves those in need of a hot nutritious meal. Sadly, it may be the only hot meal that some of our seniors receive each day. But it isn't just a meal. It's your smile. It's the fact that you care. It's the daily visit to someone who can't visit others. Meals on Wheels is not a thankless job. With every stop on your route appreciation overflows from an opened doorway.

Meals on Wheels delivers hot, well balanced meals to homebound seniors in Brevard.

Volunteer Facts:

- Meals are delivered weekdays between 11:00AM and 1:00PM
- Routes are pre-mapped to be short and easy with an average of 10-12 stops
- You can deliver once a week or as often as you want.
- Deliver within the town that you live in, whenever possible.
- Must possess a valid driver's license and reliable transportation.



Veteran's Day is November 11

HISTORY ...

In 1921, an unknown World War 1 (WW1) American soldier was buried in Arlington National Cemetery. This site, overlooking the Potomac River and Washington, D.C., became the focal point of reverence for America's veterans. Similar ceremonies occurred in England and France, where an unknown soldier was buried in each nation's highest place of honor on November 11. The ceremonies gave universal recognition to the end of WWI fighting at 11:00 AM,

November 11, 1918 – the 11th hour of the 11th day of the 11th month – and became known as “Armistice Day.” In 1954, President Eisenhower signed a bill proclaiming November 11 as Veteran's Day. At 11:00AM on November 11, a color guard representing all military services executes “Present Arms” at the tomb. The nation's tribute to its war dead is symbolized by the laying of a presidential wreath while a bugler plays “taps.” ~ Excerpt from www.va.gov/opa/publications



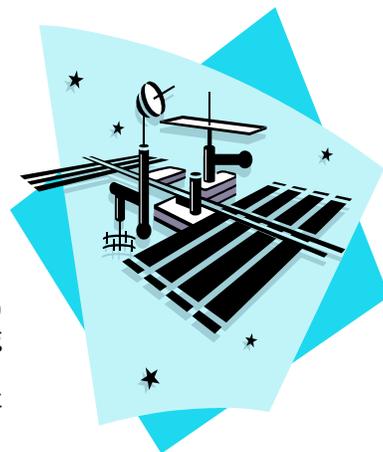
www.AgingMatterBrevard.org, RSVP@agingmattersbrevard.org, Tel: (321) 631-2749, Fax (321) 636-8446

Our Stations

- Brevard Community Kitchen
- Brevard Veterans Council
- Hospice of St. Francis
- Literacy for Adults in Brevard
- Meals on Wheels
- State Attorney's Office
- Martin Andersen Senior Center
- Senior TranServe and Vets Driving Vets
- Sunflower House
- Take Stock in Children
- United Way of Brevard
- Volunteers in Motion
- Central Brevard Sharing Center
- Rolling Readers
- South Brevard Sharing Center

Friendly Reminder

If you're looking for more volunteer opportunity, please give us a call at (321) 631-2749. We have dozens of rewarding volunteer placements for RSVP members, so don't hesitate to let us know if you want to do more!



Make Sure You are Ready for Flu Season

By: Papatya Tankut
CVS Caremark

When flu season hits, it can affect anyone. But people who are 65 and older are faced with an increased risk of flu-related problems, including complications from pneumonia. With more than half of flu-related hospitalizations linked to this demographic, it is more critical than ever to recognize the importance of flu prevention.

Make Sure to Get the Flu Shot Every Year because your immunity declines over the course of the year, and the vaccine is updated annually to protect against the latest flu strains.

Frequently Wash Hands Throughout the Day to help combat germs. Wash hands frequently

– especially after coughing or sneezing – with soap and warm water for at least 20 seconds and avoid touching your mouth, eyes, and nose areas.

Practice Good Health Habits like getting plenty of sleep, being physically active, managing stress, drinking adequate fluids, and eating nutritious food.

Evide the Virus and Avoid Spreading It. If you experience flu-like symptoms, contact your health care provider immediately. If you have the flu, your doctor can prescribe antiviral medications that can make your symptoms less severe and make you feel better faster. Make your health a priority and get your flu shot today!

“Washing your hands regularly; sneezing into a tissue or the crook of your elbow; avoiding crowds; and keeping up a plan of healthy eating, exercise, and medication are all great precautions to take to help avoid getting yourself or others sick.”

Meet and Greet with New RSVP staff at Sunflower House

Come and meet the new RSVP staff on **October 16** from 11:30 AM-2:00 PM at Sunflower House. There will be drinks and refreshments.

The **Sunflower House** is located in the Merritt Square Mall next to JC Penney 777 E. Merritt Island Cswy. Merritt Island, FL 32952, (321) 452-4341.



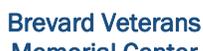
Lead.

Inspire.

Change the World.

Again.

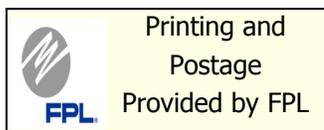
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Retired and Senior Volunteer Program
3600 West King Street, Suite 6
Cocoa, FL 32926



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Contact RSVP

Retired and Senior Volunteer Program of
Brevard County
3600 W. King Street
Cocoa, FL 32926

Michelle Toms, RSVP Program Director
Tel: (321) 806-3760
Fax: (321) 636-8446
mtoms@agingmattersbrevard.org

Daphne Stacey, Outreach Coordinator
Tel: (321) 631-2749
Fax: (321) 636-8446
dstacey@agingmattersbrevard.org

Office Hours:

9:00 AM – 5:00 PM
Monday – Friday

Fall/Winter Office Closures:

Thanksgiving
Day after Thanksgiving
Christmas Eve
Christmas Day

