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## Volunteer Central

RSVP Senior Corps  
Elder Services of Cape Cod & the Islands

"Your Local Volunteer Resource"  
Spring 2017

### The Impact of National Service

#### Saluting Our Super Seniors

Senior Corps volunteers in RSVP, Foster Grandparents, and Senior Companions give a lot of their time to our programs. How much? How about 74.6 million hours in one year. Currently about 244,000 volunteers serve at 35,000 sites to tutor at-risk kids; provide respite care; and share their skills, talents, and expertise in response to local needs.



RSVP Volunteers - Making an impact.

[Click here for video link:](#)

### In The News

#### Welcome Amy Henderson, new RSVP Senior Corps Program Director



Hello!

Although I have had the opportunity to meet some of you already (and look forward to meeting the rest of you), I wanted to take this opportunity to introduce myself to everyone. My name is Amy Henderson and I am the new RSVP Senior Corps Program Director. Prior to joining the team here at Elder Services of Cape Cod and the Islands in February, I spent the last four years working for the Barnstable County AmeriCorps Cape Cod

program.

However, volunteerism has always played an important role in my life. In addition to volunteering at a number of local organizations, I have completed two terms of national service - one with AmeriCorps Cape Cod and one with the AmeriCorps St. Louis Emergency Response Team.

We all know, have seen and have felt the benefits of volunteering. So, I would be remiss not to take this opportunity to say "THANK YOU!" to each and every one of you. Whether you volunteer through the Adults Benefiting Children (ABC) program, Senior Environment Corps (SEC) or Friends and Neighbors (FANS) program, I appreciate your strong commitment to improving Cape Cod and the Islands. Together, we will continue to positively impact our community.

I am here to ensure that you have a positive volunteer experience, so please do not hesitate to reach out to me, if I can help you. You can contact me by email at [amy.henderson@escci.org](mailto:amy.henderson@escci.org) or by phone at 508-934-4630.

Amy

**Volunteer Opportunities:** The RSVP volunteer program is seeking to add a few new members to our **Advisory Council**. The purpose of the Advisory Council is to advise and assist the RSVP staff in the operation of the program. Members of various ages, backgrounds, and experience are sought for the council so that diverse perspectives may be brought to bear when input is requested. [Interested? click here...](#)

**Click on** the following link for the latest list of **volunteer opportunities**, trainings and events throughout Cape Cod & the Islands. See something interesting? Call Linda or Amy for more info: 508-394-4630 [Learn More...](#)

### **Your Volunteering Counts! Record Your Volunteer Hours!**

**Reminder:** You can now send in your timesheet without leaving your desk! Click on the following link, you can fill out the time sheet, hit the save button, and hit the send button (looks like envelope on tool bar) hit send copy, default/continue, put linda.merrill@escci.org in the address box & send. Quick & easy! [Click here for volunteer timesheet.](#)

### **"Healthy Eating for Successful Living in Older Adults"**

Do you want to make lifestyle changes that will improve your health? Register now for this free educational and hands on workshop at the Sandwich COA, starting March 23 for 6 weeks. [click here for more information...](#)



### **Osteoporosis Exercise Program**

We are pleased to announce that there is space available for anyone interested in Osteoporosis Exercise classes. They are led by trained



volunteers and are structured to help people diagnosed with or who are at risk for Osteoporosis, to maintain strength, flexibility, and function. Classes are free and held at various locations. For more information and locations [Click here.](#)

## Partner Spotlight

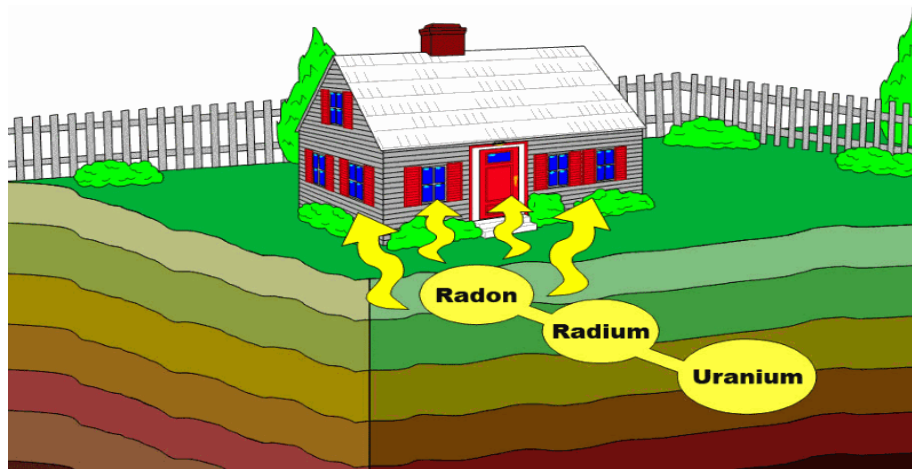
### Consumer Assistance Council

The partnership between RSVP of Cape Cod and the Islands and the Consumer Assistance Council (CAC), Inc. dates back to 2000. The CAC, which has been located in Hyannis for over twenty years, is one of only 18 local consumer groups operating throughout Massachusetts and is staffed mainly by a team of volunteers. CAC is the only consumer group serving the Cape and Islands.

Currently, CAC functions under the sponsorship, funding and guidance of the Attorney General of Massachusetts (AGO) and is led by Executive Director, Marie C. Clougher. The primary objective of the CAC is to help assure relations between sellers of goods and services, and consumers are conducted in a fair and equitable manner. To achieve this objective, they conduct programs to educate consumers on their rights under the Consumer Protection Act, Massachusetts General Laws and related rules and regulations. These programs may be carried out through public media, meetings with local groups and individual counseling. For the full story, [Click here.](#)

### "Project Radon" There's still time to get your home tested for radon!

Radon is the second leading cause of lung cancer. It is a radioactive gas that can build up to harmful levels in your home. Have your home tested! Radon testing will be conducted in your home by trained volunteers of the Senior Environment Corps thru the month of March. The cost is \$30. It's quick & easy. Confidential results are mailed to you within 15 days. Call 508-394-4630 x 524 for more information or to schedule an in-home test.



**Tell us what's on your mind! Send us your thoughts, comments and story suggestions!**

**Click here to email : [Linda](#)**