

**RSVP**  
**Retired & Senior Volunteer Program**  
**Blair and Huntingdon Counties**  
**1-800-323-9997**

sponsored by



## AmeriCorps Seniors Impact



Each year the organization *Independent Sector* determines the dollar value of one hour of volunteer service in the United States. And although putting numbers to volunteer hours can never do justice to the positive impact of their service, it is a way to quantify the enormous value of their contributions to our communities. In 2022 the national value of one volunteer hour was \$29.95. AmeriCorps Seniors serving in RSVP of Blair and Huntingdon counties provided 25,685 hours of volunteer support in 2022. That translates to \$769,265 worth of service!

The financial picture of volunteer hours of service is impressive to consider. But what is most important is how AmeriCorps Seniors volunteer service impacts the lives of our community members. Because of AmeriCorps Seniors, someone will get a tax refund they can use to buy groceries or medicine because they could get their tax returns done for free...And someone can continue to live in their own home because they receive nutritional meals prepared and delivered to their door...And a veteran can get to his/her medical appointment because they can get a free van ride to a VA medical facility...

These are just a few of the activities that AmeriCorps Seniors participate in that support our communities. Following are lists of AmeriCorps Seniors active in RSVP as of February 2023, the RSVP stations where they serve and the activities they engage in. Organizational support activities include clerical work, data entry, event assistance and serving on agency advisory boards. Sample statistics of accomplishments in 2022 are also noted.

**Altoona Food Bank** - food packing, food distribution and organizational support. Over 2,600 families representing 6,405 individuals received food distributions in 2022.

Virginia Anslinger  
 Charlotte Ames-Eichelberger  
 James Bonerigo  
 Lawrence Bowers  
 Pauline Bowers  
 Marian Dietz  
 James Gatehouse  
 Carol Graham  
 Barbara Henry  
 Wendy Holliday



Irene Homer  
 Judith Hoover  
 Mary Kovach  
 Richard McDermitt  
 Ruth McKinney  
 Deborah Peterman  
 Gary Peterman  
 Cathy Tellish  
 Linda Watson  
 Sally Wojtarowicz

**Blair Senior Services, Inc.** - commodity surplus food box and Farmers Market Nutrition Program voucher distributions, PA MEDI medical insurance counseling and Volunteer Income Tax Assistance (VITA) greeters and tax preparers. During the 2022 tax season, 653 federal and 546 state tax returns were submitted through the VITA program resulting in \$729,119 of refunds for local residents.

Constance Angeski  
 Lynne Arnold  
 Lois Beer  
 Patrick Benton  
 Philip Conlin  
 John Futrick  
 Kenneth Graham  
 Joseph Holmes  
 Alice Kline

Jean Ann Mitchell  
 Shirley Potter  
 Patricia Reidy  
 Harold Snyder  
 John Vellone  
 Barbara Woods  
 Charles Worthy  
 Cathie Yingling



**Center for Community Action** - RSVP Project support and veteran programs support. \*These AmeriCorps Seniors serve on the RSVP Advisory Council providing guidance and support to ensure our RSVP stays strong and viable.



Christopher Cohn\*  
Virginia Cooper\*  
Duane Ehredt, Sr.\*  
David Fryer\*  
Patricia Isenberg\*  
Judith Kimberlin\*  
Marc Masucci\*  
Susan Savory\*  
Reeder Swartz  
Renee Wheeler\*  
Carol Yoder\*



**CONTACT Altoona** – helpline coverage, reassurance and medication management calls and organization support. In 2022, volunteers made 26,836 medication reminder and socialization calls to 70 clients. An additional 5,059 inbound helpline calls were managed.

Julianne Beiswenger  
Linda Blake  
Christopher Cohn  
Susan Davis  
Elizabeth Dennis  
Kathy Fink  
Elizabeth Friedenberger

John Hoover  
Margaret Loibl  
Trudy Miller  
Gary Reid  
Carolyn Snow



**Fort Roberdeau** – education and interpretation of history and organization support. During the 2022 school tour season, 2,300 students from 31 schools received education and hands-on experiences of this Revolutionary War fort and early American frontier life



William Benson III  
Lucinda Corle  
Margaret Fields  
Thomas Gavazzi  
Elizabeth Hayes  
Sharon Hostler  
Karen Morrow  
Cameron Pickens  
Nancy Pickens  
Jody Wallace  
Nellie Wright



**Huntingdon County Government Emergency Management Agency** – emergency assistance response to hazardous material spills, auto accidents and natural disasters. In 2022, volunteers assisted on 13 calls.

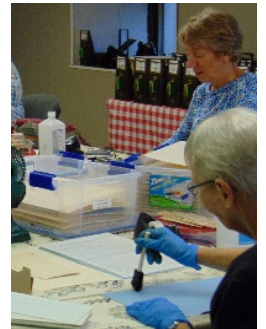
Park Armagost  
Walter Corcelius, Jr.  
George Harman, Jr.



**Huntingdon County Government Register & Recorder Office** - historic records preservation.

Volunteers processed and/or verified over 290,000 historical documents in 2022 (i.e. deeds, wills, marriage licenses, etc.)

Dorothy Anderson  
Shirley Franke  
Rosemary Gill  
Gini Kelley  
Linda Smith



**Garvey Manor** - resident visits and phone calls, resident services assistance and organization support. Throughout 2022, volunteers assisted 75 residents to the beauty parlor, therapy and recreational activities. Tele-buddy calls and visits were also provided for socialization.

Viola Bettwy  
Patricia Biter  
Paula Craw  
Mildred Foust  
Judith Frederick  
Patricia Gildea  
Darlene Harella



Ronald Harella  
Joyce Kerns  
Sr. Jane Miller  
James Moser  
Kathleen Moser  
Eileen Porta  
Andrea Reffner  
Carolyn Snow



**James E. Van Zandt VA Medical Center** - client escort, DAV van dispatching and driving and organization assistance. Thirty-seven veterans in Huntingdon were provided 174 rides to VA medical facilities in 2022.

David Fryer  
Carolyn Parks  
William Scott  
Reeder Swartz





**Meals on Wheels of Huntingdon** - meal preparation and delivery and organization support. In 2022, over 17,200 meals were prepared and delivered to 139 clients.



- |                   |                   |                     |
|-------------------|-------------------|---------------------|
| William Black     | Deborah Grove     | Robert Nicholl      |
| Susan Black       | Gregory Grove     | Ruth Noel           |
| Allen Black       | Kevin Hallahan    | Jean Pile           |
| Gaynell Boor      | Deslee Hanlon     | John Prendergast    |
| Carolyn Brown     | Bonnie Haverstock | Pamela Prosser      |
| Elaine Buchanan   | Carol Holland     | Barbara Purdy       |
| Jay Buchanan      | Franklin Huhn     | Delmar Raudabaugh   |
| Frank Chalan      | Rose Huntsman     | Marianne Raudabaugh |
| Jean Chalan       | Pearl Jackson     | Susan Reck          |
| Jennifer Clark    | Stephen Jackson   | Thomas Ritchey      |
| James Croyle      | Alberta Keller    | Teresa Rupert       |
| Susan Croyle      | Elwood Keller     | Susan Savory        |
| Constance Diller  | Raymond Kemp Jr.  | Laura Shope         |
| Ellen Filson      | Frances Knepp     | Mark Shope          |
| David Fryer       | Joseph Krabill    | Mary Jane Smith     |
| Linda Fryer       | Terry Krabill     | Arthur Speck        |
| Robert Geissinger | Benjamin Kreidler | Robert Spickler     |
| Daniel Gibboney   | Fred Lear         | Maxine Spickler     |
| Thomas Gibboney   | William Madden    | Barbara Stapleton   |
| Virginia Gill     | Ida Mae Manley    | John Tkach          |
| Eric Glover       | Monica Marko      | Linda Weir          |
| Debra Goss        | Judith McCracken  | Darla White         |
| Dale Grissinger   | Daniel Miller     | Jay White           |
| Dolly Grissinger  | Arkey Morelli     | Susan Whitfield     |
| Barbara Grove     | Sandra Morelli    | Susan Witmer        |
| Charles Grove     | Shirley Mosbey    | Carol Yoder         |

**Penn Highlands Huntingdon** – hospitality, client escort and organization assistance. Approximately 500 people were provided information and assistance through the hospitality desk in 2022.

- Kathleen Amman
- Patricia Chaundy
- Joanne Garber
- Starina Gardner
- Patricia Kough
- Thomas Kough
- Kathryn Lucas
- Gisela Peace
- Janet Souders
- Diane Yost



**United Way of Blair County** – organization assistance.

Judy Kimberlin



Daylight Saving Time begins on Sunday, March 12 at 2:00 A.M. On Saturday night, clocks are set forward one hour (i.e., losing one hour) to “spring forward.”



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 RSVP Facebook page:  
 RSVP of Blair and Huntingdon  
 Counties



Volunteers will tell you they don't do what they do for the sake of recognition. However, people who have been helped and communities that have been improved through the actions of volunteers are grateful and want a chance to say “Thank you.”

Most volunteers serve year-round and ongoing appreciation is appropriate. But April being National Volunteer Month is a perfect opportunity to be sure volunteers are recognized for their assistance, good deeds and positive impact.

RSVP wishes to extend a sincere thank you to all volunteers, especially AmeriCorps Seniors who serve at local organizations that partner with RSVP.



## Celebrating AmeriCorps Seniors!

Every year, RSVP has the pleasure of hosting events to celebrate the support AmeriCorps Seniors volunteers provide in Blair and Huntingdon counties. Planning is underway for the 2023 RSVP volunteer recognition events. One will be held in both Blair and Huntingdon counties in early June. Invitations with event details will be mailed in April to AmeriCorps Seniors who are actively serving.

RSVP staff and advisory council members look forward to these events for the opportunity to acknowledge and thank the AmeriCorps Seniors for their continued commitment to addressing the needs in our communities. Questions about the events can be directed to Dorcey Cuzzolina, RSVP Project Coordinator, at 814-506-5267 or dcuzzolina@ccaofpa.org.



### MARCH

- 02-Carol Yoder
- 04-Linda Weir
- 05-Deborah Grove
- 06-Trudy Miller
- 07-John Vellone
- 16-Janet Souders
- 17-David Fryer
- 20-Shirley Franke
- 22-Marc Masucci
- 23-James Bonerigo
- 27-Susan Savory
- 31-Joyce Kerns

**Birthday wishes to all of you for a happy, healthy year!**



### APRIL

- 02-Linda Fryer
- 03-Linda Blake
- 04-Jody Wallace
- 09-Gregory Grove
- 12-Linda Smith
- 15-Thomas Gavazzi
- 16-Darla White
- 18-Patrick Benton
- 21-Elwood Keller
- 24-Maxine Spickler
- 25-Arkey Morelli
- 29-Elizabeth Dennis

## Anatomy Idioms Quiz

Many expressions we use refer to parts of our bodies. For example, the expression "has itchy feet" is used to describe someone who moves around a lot.



Using the list of meanings below, can you guess the expressions that include the following body parts (although they are not in order): nose, elbow, eyes, chest, arm, ears, tongue, foot, head, shoulder, neck, hand, chin, fingers and brain.

1. Very happy to see something or someone.
2. Avoid being connected to someone or something.
3. Pay for total expenses.
4. To be almost able to remember something.
5. Talk with someone to find out information from them.
6. Take a risk.
7. Try to stay positive when things seem negative.
8. Ignore someone.
9. Give someone your full attention.
10. To be very crowded.
11. Information offered quickly, without research or calculation.
12. Tell someone your problems or frustrations.
13. Help someone.
14. Involved in many things.
15. Pay too much for something.

Answers to this quiz will be posted on the RSVP Facebook page and in the next newsletter.

## Answers to PA Dutch Foods Quiz from the Jan/Feb newsletter

1. Pie that has a rich filling made with brown sugar and molasses. Shoo-fly pie
2. A baked doughy snack item characterized by a chewy bread texture and bow-like shape. Soft pretzel
3. Pickled relish containing green beans, kidney beans, carrots and cauliflower with vinegar and sugar. Chow-Chow
4. A meat dish typically made from ground ham and pork, formed into a loaf (or meatball size balls) then topped with a sweet glaze of brown sugar, apple cider vinegar and dry mustard. Ham loaf/ham balls
5. A dessert sandwich of two small round cakes (usually chocolate) having a creamy filling between them. Whoopie pie/gob
6. Strings of fried dough covered in powdered sugar, typically a favorite at local fairs. Funnel cake
7. A mush of pork trimmings, cornmeal, wheat flour and spices formed into a block. It is usually sliced and pan fried as a breakfast item. Scrapple
8. A soft drink made from herbal extracts and birch bark. Birch beer
9. This pig and cabbage combination is a local traditional meal for New Year's Day. Pork and sauerkraut
10. A food item commonly found at picnics that is made with vinegar and sugar to produce a sweet and sour taste. It takes on a purple color from added beets. Pickled eggs and beets
11. A cured, smoked and fermented semidry beef sausage that is usually served as lunch meat. Lebanon bologna
12. This food is produced by long, slow cooking of a specific fruit with cider or water to a point where the sugar in the fruit caramelizes giving it a deep brown color. It is often spread on bread/toast. Apple butter
13. This stew includes chunks of meat (usually chicken or ham), large square egg noodles and vegetables such as potatoes and/or carrots. Pot pie
14. A thick, sweet dressing that is usually served warm over fresh salad greens, often dandelion greens to offset their tart taste. Hot bacon dressing
15. This is a whole peeled piece of fruit that is sprinkled with cinnamon, butter and sugar, wrapped in dough and baked. It is usually served as a dessert or breakfast dish. Apple dumpling

