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



RSVP was pleased to host holiday recognition banquets in December. It was an opportunity to acknowledge and thank our partner organizations and the RSVP volunteers who serve there. Those in attendance shared fellowship and were treated to a meal. All volunteers received a token gift of appreciation for their service to our communities.

We wish to acknowledge and thank American Legion Post 516, Hollidaysburg, and Smithfield Fire Hall, Huntingdon, for the use of their facilities to hold our banquets. We also wish to thank the following businesses for their generous donations of desserts and door prizes that were distributed to RSVP volunteers at the banquets:

**Contributors to the Blair banquet:**

- |                                   |                               |              |                      |
|-----------------------------------|-------------------------------|--------------|----------------------|
| Ace fix-it Hardware, Duncansville | Holland Brothers              | Sam's Club   | TGI Fridays          |
| Amy Pyle, Kohl's Associate        | Kings Family Restaurant       | Sheetz #07   | Tractor Supply Co.   |
| Denny's                           | Leydig True Value Hardware    | Sheetz #14   | Unkel Joe's Woodshed |
| Dick's Home Health Care           | Martin's #6288                | Sheetz #34   | Walmart, Altoona     |
| Dream Restaurant                  | Martin's #6292                | Sheetz #35   | Weis Market #40      |
| Duncansville Pharmacy             | Martin's #6466                | Sheetz #187  | Weis Market #64      |
| Dutch Hill Chocolates             | Marzoni's Altoona             | Sheetz #354  |                      |
| Eat 'n Park                       | Marzoni's Duncansville        | Sheetz #420  |                      |
| Giant Eagle #71                   | Nicoletta's Family Restaurant | Sheetz #1100 |                      |
| Green Bean Coffee House           | Perkins Restaurant & Bakery   | Target       |                      |

**Contributors to the Huntingdon banquet:**

- |  |                        |                            |                                  |
|--|------------------------|----------------------------|----------------------------------|
| 8 <sup>th</sup> Street Corner Deli & Grill | Cloud Minds            | Laney's Feed Mill          | Sheetz #10                       |
| 84 Lumber                                  | Dairy Queen            | McDonalds #3736            | Sheetz #577                      |
| Ace Hardware                               | Dick's Homecare, Inc.  | Medicine Shoppe            | Stage Stores / Peebles           |
| Advance Auto Parts                         | Domino's Pizza         | Nick's Diner               | The Colonial Florist & Gift Shop |
| Auto Zone                                  | Fike Bros. Carpet One  | OIP, downtown              | Thompson's Candle Co.            |
| Brenneman's Meat Market                    | Giant Food Store #6277 | Pizza Hut                  | Twice Upon A Time                |
| Car Care Automotive                        | Isett Heritage Museum  | Raystown Hunting & Fishing | Walmart                          |
| Cisney & O'Donnell                         | Huston Ford Dealership | Save-A-Lot                 | Wendy's                          |
| Clifton 5                                  | Jumbo China Buffet     | Shear Impression           |                                  |



Door Prize Winners



During the banquets, each RSVP Station was introduced and the Station Supervisor was given an opportunity to describe what their organization does, how volunteers assist them and the positive impact this has on the community. The RSVP volunteers serving at the station were then recognized.

To view more banquet photos, visit our Facebook page: **RSVP of Blair and Huntingdon Counties.**



## RSVP Volunteer Opportunities

Following is a list of RSVP partner organizations. We thank them for providing meaningful volunteer opportunities for older adults in our communities. RSVP volunteers served 35,454 hours at these RSVP Stations from January through November 2018. Their service helps the organizations continue to address needs in our communities and touches individual lives on a daily basis.

- **Abundant Life Assembly of God** - clothing and food distribution, events assistance
- **Altoona Food Bank** - food packing and distribution
- **Blair Senior Services, Inc.** - APPRISE Medicare counseling, distribution of food boxes and vouchers, activities instructor, deliveries for the Home Delivered Meals program, income tax preparation
- **Center for Community Action** - office assistance, community programs support
- **Center for Independent Living** - events, programs and office assistance
- **Central PA Humane Society** - animal care
- **CONTACT Altoona** - manning a helpline, making reassurance calls
- **County of Blair, Department of Emergency Services** - office assistance
- **Fort Roberdeau** - providing historical education, office assistance
- **Garvey Manor** - resident services, clerical and gift shop assistance
- **Housing Authority of Huntingdon County** - residents assistance
- **Huntingdon County Government, Emergency Management Agency** - organization support
- **Huntingdon County Government, Register & Recorder Office** - historic records preservation
- **Huntingdon County Historical Society** - research, organizational support
- **Huntingdon County United Way** - office assistance
- **James E. Van Zandt VA Medical Center** - escorting clients, recreation assistance, van dispatchers and van drivers
- **JC Blair Health System** - information desk and hospitality, client escort
- **Meals on Wheels of Huntingdon** - food preparation, meal delivery
- **P.R.I.D.E. of Huntingdon County** - events and office assistance
- **United Way of Blair County** - events and office assistance, income tax preparation

For information about becoming an RSVP volunteer who serves at one of these RSVP Stations, contact Dorcey Cuzzolina, RSVP Project Coordinator, at [dcuzzolina@ccaofpa.org](mailto:dcuzzolina@ccaofpa.org) or 814-506-5267.



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

### JANUARY

- 01 - Celia Fagnani
- 04 - Lois Lynn
- 04 - Maria Teresa Mohler
- 05 - Charles Grove
- 05 - Sharle Kirkham
- 06 - Raymond Kemp Jr.
- 08 - William Benson III
- 08 - Barbara Grove
- 09 - Willard Rozier
- 09 - Anna Waite
- 10 - James Jackson
- 12 - Dolly Grissinger
- 14 - Margaret Fields
- 19 - Linda Noonan
- 24 - Phillip Conlon
- 25 - Benjamin Kreidler
- 27 - Clemence Fogel
- 27 - Barbara Stapleton

- 28 - Eileen McMullen
- 29 - Carolyn Parks
- 30 - Margaret Ferrenberg
- 31 - Marian Monios

### FEBRUARY

- 03 - Cathie Yingling
- 07 - Sandra Beck
- 11 - William Scott
- 13 - Rosalie Jones
- 15 - Ardell Ball
- 16 - Virginia Kelley
- 17 - Pearl Jackson
- 19 - Mildred Foust
- 21 - Richard Evans
- 22 - Constance Angeski
- 23 - Barbara Chaundy
- 25 - Kathryn Lucas
- 27 - Susanna Tomlinson



## The Price of Inflation...

Fifty years ago, prices of basic everyday items were a fraction of what they are today. Can you guess (or remember) the average cost of the following items in 1969:

1. A dozen eggs: a) 62¢ b) 82¢ c) \$1.02
2. First class stamp: a) 3¢ b) 6¢ c) 10¢
3. Loaf of bread: a) 25¢ b) 55¢ c) 85¢
4. Cup of coffee: a) 12¢ b) 22¢ c) 42¢
5. Gallon of milk: a) 85¢ b) \$1.10 c) \$1.50
6. Average new car: a) \$3,270 b) \$5,470 c) \$8,170
7. Gallon of gas: a) 35¢ b) 55¢ c) 75¢
8. Fast food burger: a) 18¢ b) 38¢ c) 58¢

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



## Winter Skin Care

Men and women alike can experience drier skin as they age. This condition can become more noticeable in winter. Cooler air holds less moisture, as does heated air from furnaces and fireplaces. The drier air then tends to suck up moisture from surrounding sources such as our skin. The result is drier skin that can be itchy and may peel and crack.

Some winter skin care tips that can help include:

- Keep moisture in the air by using a humidifier. Or if you don't have one, set out containers of water or hang wet towels around the house.
- Hydrate your body by drinking a lot of water.
- Take showers and baths in warm water. Hot water is more damaging to the skin.
- Use gentle cleansers for your skin that contain moisturizers and no fragrances.
- Moisturize your skin often, especially right after you bathe.
- Cover as much skin as possible when you go into the cold.
- Remove wet clothing from against skin as soon as possible.
- Don't go out in the cold with damp skin especially right after showers or exercising.

If dry skin is persistent, it could be related to a medical condition or possibly a reaction to medications. Discuss your situation with a medical professional.

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Answers to **Back in the Day** quiz from previous newsletter:



1. The first feature-length animated film created by Disney in 1937 - Snow White and the Seven Dwarfs
2. These were collected, pasted in a book and exchanged for free merchandise - S&H Green Stamps
3. The nickname given to women who worked in the USA's war production plants during W.W. II - Rosie the Riveter
4. The cartoon series of an animal duo rivalry introduced in 1940 - Tom and Jerry
5. The controversial article of women's clothing introduced in 1946 in Paris - the bikini
6. The 1950s product that allowed everyone to become an artist - Paint by number sets
7. The item children added to their bicycle wheels to create a motor noise - Cards in the spokes
8. The television game show first aired in 1956 and still running today - The Price is Right
9. The popular children's book written by Theodore Geisel and published in 1957 - The Cat in the Hat
10. The fast food chain having a red roof in its logo which first opened in 1958 - Pizza Hut



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*RSVP wishes everyone a new year filled with good health and much happiness!*