

RSVP of Schuyler and Yates Counties

~ *Station News* ~

1973 *35th* Anniversary 2008

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RSVP Volunteers Assist with Tax Forms

Several trained RSVP volunteer tax counselors assisted local older adults with their 2007 federal income tax returns this tax season. Step-by-step directions for completing a simplified tax return were described in mass tax clinics held at the Schuyler County Human Services Complex. Retired individuals who are not usually required to file a tax return must do so this year in order to receive the federal "Stimulus" payment of \$300 to \$600. This includes people receiving Social Security, Veterans and/or Railroad Retirement benefits. Rebate checks will be mailed to qualified citizens from May through July. Further details about the Economic Stimulus Payment can be found at www.irs.gov.



Stimulus payment tax clinics were in addition to the regular tax counseling services provided to Schuyler County residents age 60 and older. RSVP partners with the Buffalo IRS office; the volunteers participate in extensive training in tax law and e-filing systems. Services under the Tax Counseling for the Elderly program are provided free of charge.

National Volunteer Week

April 27-May 3, 2008

Take Time to Celebrate Your Volunteers



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Visit us at <http://www.cce.cornell.edu/schuyler/rsvp>

1973 *35th* **2008**
Anniversary

RSVP is celebrating its **35th Anniversary** in 2008 under the sponsorship of **Cornell Cooperative Extension of Schuyler County**. Since 1973, **1,908** individuals age 55 and older have been addressing critical community needs as RSVP volunteers in Schuyler and Yates Counties.
Congratulations to RSVP volunteers and agencies, past and present!



Some Ways to Thank Your Volunteers

- Recognize a "Volunteer of the Month" in your newsletter or on your website. Also, include information why the volunteer received this type of recognition. Include photos as well.
- Distribute bumper stickers or other promotional items to recognize volunteer contributions.
- Honor the first volunteer recruited during National Volunteer Week. Give this volunteer special prizes or recognition.
- Create a National Volunteer Week yearbook, which can be displayed in a library, courthouse lobby, or another public office. You can also create a display or exhibit at a local public office.
- Ask local radio and television stations to run a week-long series that recognizes a different volunteer for each day of National Volunteer Week



Volunteer Stories

By Susan Wojciechowski

We know that volunteering brings all kinds of rewards—it strengthens our communities, gives a sense of purpose to our lives, and allows us a way to give back for all the blessings we’ve been given. But for Arlene Corey of Penn Yan, volunteering brought one more benefit—it kept her out of the operating room. Here’s how it happened.

In 2001 Arlene, already a veteran volunteer, read about the need for volunteers to teach a program called Bone Builders, which offers a regimen of exercises to senior citizens in order to develop bone strength. Arlene took the training course and has been teaching classes ever since at St. Mark’s Terrace in PennYan. In 2006, Arlene had the misfortune of breaking her ankle in three places. Doctors told her that about 95% of such cases require surgery in order to help the bones heal properly. But Arlene was one of the lucky 5%. Her ankle healed on its own. “It was those years of heel-toe exercises that did it,” says Arlene.

Score one more point for the benefits of volunteering!

Arlene knew the rewards of volunteering even before her Bone Builder involvement. In 1994, she decided she wanted more to do in her life. Her husband, Stephen, had taken early retirement from Kodak and her two children were grown, so she made a call to RSVP. As a result of that contact, Arlene has been calling bingo at Clinton Crest Assisted Living Home every week for the past 14 years.

In 2001, Arlene decided to put more of her time

and energy into volunteering. From that decision came the Bone Builder experience. “I love it,” says Arlene. “They call me the drill sergeant, but really, we have fun. People come back again and again to take the class.”

In 2003, Arlene wanted even more involvement in volunteering, so she joined the staff at The Once Again Shoppe, a thrift shop run by the Penn Yan Council of Churches, where she spends at least three days a week sorting donated clothing. “During deer hunting season, I’m there even more,” she laughs. “I call it my second home.”



Arlene Corey

It’s obvious Arlene has great respect and love for The Once Again Shoppe. “You will never find a place like The Once Again Shoppe in the world,” says Arlene. “They help so many people. Where else can you buy a bag of clothes for \$4?”

For her efforts, Arlene earned an RSVP Bronze Award for giving 350 hours of work in 2005 and two Silver Awards for giving 500 hours in 2006 and 2007. She

credits her mother, who served as an outreach worker for the Office on the Aging, with being her role model and instilling in her the desire to help others.

For Arlene, volunteering is a two-way street. She helps others and the experience helps her. She’s made many friends and is never bored. “I don’t sew; I don’t knit; I don’t do crafts,” says Arlene. “My hobby is volunteering. I wouldn’t survive without it.”

We thank you, Arlene, for choosing the perfect “hobby.” Your ankle thanks you, too.

“Your Stories” provides an opportunity for RSVP volunteers to describe their volunteer activities and what inspires them to volunteer. They are written by other RSVP volunteers.