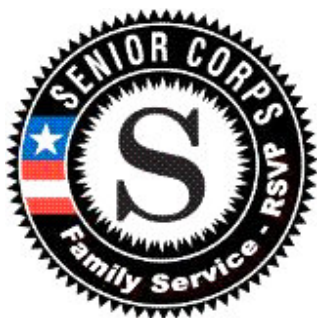


# Cincinnati RSVP *Volunteer Visions*

## Goodbye Family Service Hello Catholic Social Services



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**Message of Thanks and Appreciation**

On behalf of Family Service, I want to thank the RSVP volunteers that provided over 40,000 hours of community service each year. Your time and effort truly enriched the individuals you touched as well as the sites where you volunteered.

I also want to thank the advisory committee for the role that they played in providing the program with guidance, support and leadership. Your enthusiasm and commitment was especially evident at the volunteer appreciation luncheons. The games and door prizes were highlights of the event for the participants.

Finally, I want to recognize Mike Dutle, director of the program and John Wolfenden, full time volunteer, for their dedication and hard work. Mike also played an important role with other sponsoring agencies throughout Ohio and was recognized for his outstanding leadership.

We're delighted that Catholic Social Services will become the sponsoring agency and encourage each of you to continue your participation with the program.

Arlene Herman, President  
Family Service



**Message of Welcome**

I speak for everyone at Catholic Social Services when I say "Welcome RSVP". We were so happy to learn that we were selected as the sponsoring agency for RSVP. We are the sponsoring agency for the Foster Grandparents and Senior Companion programs so we know first hand what a tremendous asset Senior volunteers are for our community.

I am also pleased that Mike Dutle will continue to serve as the director of the program and that we will benefit from his dedication and expertise. Mike, along with volunteer John Wolfenden, will become part of a team of talented and dedicated staff members who have made our Foster Grandparent and Senior Companion programs so successful.

I look forward to working with the Advisory Council. We need their help in ensuring the continued growth and development of this program.

To all of the RSVP volunteers, thank you to each of you for your dedication and support. You have enriched the lives of so many in our community. You have been such an inspiration and example of the power of volunteerism. I hope that you will continue your service to our community and I look forward to meeting you.

And finally, thank you to Family Service for your commitment to this program for the six years that you served as the sponsoring agency. We are grateful for your support and leadership. We at Catholic Social Services are committed to maintaining that same level of commitment to this program in the years ahead.

Kathleen Donnellan, Executive Director  
Catholic Social Services

## Ring Out the Old, Ring In the New

As the year 2007 draws to a close, we all like to look back to remember the great times, accomplishments, and milestones of the past year. With RSVP it's no different. This year, though, we look back on the six – year history that RSVP has had with its sponsor, Family Service.

There have been some great times, especially the recognition events at Montgomery Inn Banquet Center and the Schiff Center. We can't forget the volunteer fairs, the Senior Expo at Coney, and all those hours spent volunteering alongside the best people in the world!

It is with a certain amount of sadness that we realize RSVP will no longer be a program of Family Service. At the same time,

we can rest assured, knowing that RSVP will now come under the sponsorship of Catholic Social Services (CSS) of the Cincinnati Archdiocese. RSVP joins its sister programs, Foster Grandparents and Senior Companions, to complete the "Trifecta" of Senior Corps programs at CSS.

I feel very fortunate to continue as the RSVP Director at CSS. Our Advisory Council is coming along as well. It is my sincere hope that all of our volunteers and volunteer stations will support the RSVP program under its new sponsor and pass the word along to friends and family. We have lots of work to do!

Happy New Year!  
Mike Dutle  
RSVP Director

## Welcome New Members

RSVP is always looking for new volunteers. Please extend a warm welcome to these newest RSVP volunteers:

Jim Ballou Jr.  
Linda Baron  
Gloria Bauscher  
John Busam  
Ida Clark  
Pat Larkins  
Stanley Webster  
Nancy Withers



A HAPPY  
NEW YEAR



## Healthy Holiday Hints

The holidays are here again, and the average American can expect to gain from 1-12 pounds between during the holiday season depending on what statistics you want to believe. It's the same old story every year. Most Americans will make the same New Year's resolution every year too – to lose weight! How to break the cycle of failure? Try these healthy hints to help you control your weight while still enjoying the holidays:

1. **WALK AFTER EVERY MEAL** . Instead of sitting around feeling stuffed and uncomfortable after every big meal, get up and walk. You don't have to be a party pooper and leave your company behind to talk to themselves – invite them to walk with you. A brisk walk around the block will be invigorating for everyone, and you can continue your conversation along the way.
2. **DRINK LOTS OF WATER**. Drink a full 8-oz glass of water when you first get up in the morning and right before you sit down to eat that big meal. Another helpful trick is to take a drink of water between every bite of food. All of this will help you to eat less and improve your digestion too.
3. **EAT SMALLER PORTIONS**. Serve yourself smaller portions – you can always go back for another serving if you are really that hungry – and cut the servings into several smaller pieces. Of course, this is a psychological ploy to fool your brain into thinking you are eating more than you really are, but it DOES work because generally you will eat less if you eat smaller portions. Eat more slowly, too, instead of trying to wolf your food down as if there was no tomorrow – what's the hurry, anyway? Enjoy!

4. **EAT BREAKFAST**. Be sure to eat breakfast on the day of any big holiday meal – even if you sleep in late and the meal is only a few short hours away. It will keep you from eating too much at one time and digest your food more efficiently.

5. **WALK IN PLACE**. Most people will be watching lots of television during the holidays and, between all of the football games and Christmas specials, we are creating a nation of couch potatoes in just a few short months every year. Well, fight back without sacrificing your favorite television programs. How? Just stand up during every commercial and walk in place in the middle of the room. It might sound stupid, but just think about how many commercials appear on each program. You can log a lot of miles and burn a lot of calories without even leaving the house. Think you might be embarrassed in front of family and friends? That's THEIR problem, not yours, and you might be pleasantly surprised when they join you (it might be fun for the grandchildren too).

6. **STAND UP AND SUCK IT IN**. It sounds simple because it IS simple. Many people walk around slouched over, shuffling along dragging their feet with absolutely no sense of energy. They are sleepwalking through life. Make a concentrated effort to stand up straight, throw your shoulders back, hold your chest high, suck in your tummy and walk with purpose. Try it while you are Christmas shopping. Walk like you mean it. It takes a little more effort in the beginning, but after a while it will become a habit.

These simple suggestions can help you to have a healthier holiday season this year and every year hereafter. And, maybe you can convince Santa to join you.

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## ***New Year Resolutions***

Those New Year resolutions! Some of us are so tired of making and breaking them that we just don't bother at all. Here are a few suggestions that might be easy enough to do and encourage us with some positive results.

- Recycle. Do it, and let others know you do.
- Replace a few incandescent bulbs with compact fluorescent ones. You'll save money and energy.
- Update your will. It brings peace of mind.
- Volunteer more! And be sure to encourage friends and family to volunteer, too.

## **New Contact Information**

After January 1st, 2008 the RSVP program will have a new sponsor, location, phone number and email address.

Catholic Social Services is located at 100 E.8th Street, Cincinnati, OH 45202.

Phone (513) 241-7745 or Email [rsvp@cssdoorway.org](mailto:rsvp@cssdoorway.org)