



Inside this issue:

Welcome New Members	Page 2
Volunteer Opportunities	Page 2
More Opportunities	Page 3
Senior Health and Fitness	Page 3
Spring Recipe	Page 4



SouthWestern Ohio *Senior Corps* **Volunteer Visions**

RSVP Budget Cut This Year All Programs in Jeopardy for 2012

Over the last three months, the service community rallied together to save Fiscal Year 2011 funding for critical national service programs under the Corporation for National and Community Service (CNCS), including Senior Corps. It is clear that thanks to all the hard work of service supporters across the country, from visiting their members of Congress at their District offices to calling their Senators, CNCS was able to avoid complete elimination as HR1 sought to do and secured 94% of its FY10 budget for FY11.

That being said, it is also very clear that the cuts that were made, especially the 20% cut to RSVP, are a tough setback for CNCS programs. They will negatively impact our local service organizations and more importantly the people and communities we serve. With the budget battle of 2011 behind us, it is imperative that we continue serving our communities and keep telling our stories of service to educate our legislators on the importance of the work we do.

The 2012 budget battle has already begun and members of Congress have two clear proposals in front of them.

- President Obama's 2012 Budget Request – On February 14th, 2011 President Obama sent his 2012 budget request to Congress. For CNCS, President Obama has requested \$1.3 billion which would

support the growth in AmeriCorps to 90,000 members, foster the replication of innovative and proven programs through the Social Innovation Fund, and create a demonstration project with Senior Corps that will support and test promising approaches to engaging retiring Americans in service.

- Rep. Paul Ryan's 2012 Budget Proposal – On April 15th, 2011, the US House of Representatives passed Rep. Paul Ryan's (R-WI) 2012 budget proposal, "The Path to Prosperity", that once again **completely eliminates funding for CNCS** and all of its programs including Senior Corps.

We can take away two things from our experience in 2011:

1. Neither of the plans above will likely end up becoming the budget for 2012. The White House and Congress will have to come together to negotiate and reach a deal or face another government shutdown.

2. It will be critical in the months ahead that members of Congress hear directly from their constituents about the local impact and value of service in their communities. In addition, there must be a critical mass of their constituents calling on them to support funding for national service programs in the FY12 budget. The level of funding the CNCS will receive in 2012 will depend on how well these two things are done.

Welcome New Members

The Senior Companion, Foster Grandparent and RSVP programs are always looking for new volunteers. Please extend a warm welcome to these newest Senior Corps volunteers:



Audrey Byrd
Trish Sullivan Douglas
Gregory Harper
Robin Irwin
Frank Kammer
Sakinah Karriem
Frances Long
Linda Minter
Debbie Monroe

Eyvonne Richard
Minnie Roland
Shirley Stewart
Linda Taylor
Carolyn Tyus
Elizabeth Weyda
Marietta White

"You get more joy out of the giving to others, and should put a good deal of thought into the happiness you are able to give."—Eleanor Roosevelt

**Lead.
Inspire.
Change the World.
Again.**



Call or email today!

Call: (513)241-7745

Email: rsvp@CatholicCharitiesSWO.org
or scpfgp@CatholicCharitiesSWO.org

Volunteer Opportunities

Foster Grandparents **Share Today. Shape Tomorrow.**

The Foster Grandparent Program (FGP), which began in 1965, provides loving and experienced tutors and mentors to children and youth with special needs. Working one-on-one and serving between 15 and 40 hours a week, Foster Grandparents provide support in schools, and child care centers. Among other activities, they review schoolwork, and reinforce values. Foster Grandparents often maintain an ongoing, intensive relationship with the children and youth served for a year or longer.

Senior Companions **Make Independence a Reality**

The Senior Companion Program (SCP), which began in 1974, helps frail seniors and other adults maintain independence primarily in the clients' own homes. Senior Companions serve between 15 and 40 hours a week and typically serve between two and four clients. Among other activities, they assist with daily living tasks, such as grocery shopping and bill paying; provide friendship and companionship; alert doctors and family members to potential problems, and provide respite to family caregivers.

Eligibility:

Foster Grandparent and Senior Companion Programs

Volunteers must be 55 years of age or over. Those who meet certain income guidelines receive a small stipend. All FGP and SCP volunteers receive accident and liability insurance, reimbursement for transportation, and monthly training.



Good Sam and Bethesda Looking for Hospital Volunteers

Let RSVP put you in touch with Good Samaritan and Bethesda North Hospitals to help them deliver the kind of services and attention their patients deserve. There are a variety of volunteer opportunities available.

Volunteers perform office work, transport patients, deliver flowers and mail, work at the Infor-

mation Desk or in the hospitals' gift shops, or serve as Surgical Waiting Area liaisons. The Volunteer Resources departments will work with you to choose the area best suited to you and your schedule.

Contact John at Catholic Charities RSVP program (513)241-7745 or rsvp@catholiccharitiesswo.org for more information.

RSVP

Lead With Experience

Senior Health and Fitness— by Jim Evans

Are you suffering from "White Coat Syndrome?"

DEAR JIM: *I don't get it. Every time I go to the doctor for a checkup, my blood pressure goes up! I'm not overweight, I exercise regularly, I eat a balanced diet, and I don't have an unusual amount of stress in my life. What's going on?*

PERPLEXED IN PALO ALTO

DEAR PERPLEXED: We're both in the same boat my friend because the same thing happens to me too. If you're like me, I'm usually running late to my appointment with the doctor anyway - hurrying up the stairs and rushing down the hall to get there on time after fighting the traffic to get there - so I have already created a certain amount of stress for myself by the time the nurse puts the blood pressure cuff on me. Often I'm still catching my breath, so my heart rate is probably higher than normal too. Maybe you're doing the same thing - I don't know.

Of course, something else might be a factor too - the dreaded White Coat Syndrome. It sounds scary, but it's really just a term to describe people who register high blood pressure readings as a result of stress from having their blood pressure measured by a doctor or other health professional. I don't THINK I am afflicted by this awful condition, but I must admit to a certain anxiety

when I go to the doctor for anything - probably because I'm afraid that one of these days he's actually going to find something wrong!

The important thing is that your blood pressure - and mine - returns to normal with repeated readings either while still at the doctor's office or after returning home. What bothers me is how quickly my doctor wants to put me on medication even when my blood pressure reading is only marginally high.

It sounds like you're doing all the right things to keep your blood pressure in line, but you might just be experiencing some anxiety from visiting the doctor - perhaps a conditioned response to a previously unpleasant visit to the doctor when you were younger? Or going to the dentist when you were a kid?

In the meantime, continue to monitor your blood pressure regularly to make sure that "white coat" is, indeed, the culprit, and try to relax when you show up at your next doctor's appointment. Just take a deep breath and let that tension out.

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Senior Companions

Make Independence a Reality

Foster Grandparents

Share Today. Shape Tomorrow.

RSVP

Lead With Experience



We're on the web at:

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SouthWestern Ohio Senior Corps Volunteer Visions is published quarterly by Catholic Charities South Western Ohio to inform the community about Senior Corps' activities, programs and people. We welcome readers' comments and inquiries, and invite them to contact us at (513) 241-7745.

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Spring Recipe

Chop Chop Salad

In a well-made chopped salad, every bite is a confetti-burst of flavor. To achieve that here, we've combined equal-size bits of crisp, colorful vegetables -- a feature that also makes it easy for kids to eat. For the finale, try one of these homemade dressings: Creamy Blue Cheese or Old-Fashioned Buttermilk Ranch. Made fresh, they have a flavor that just can't be matched by bottled versions.

Ingredients

- 1 romaine lettuce heart
- 4 to 6 slices thick-cut bacon, cooked until crisp, cooled, and chopped
- 1/2 pint grape tomatoes, halved
- 2 carrots, peeled and thinly sliced
- 1 yellow bell pepper, chopped
- 1 English cucumber, halved lengthwise and thinly sliced
- 1/2 cup chopped walnuts
- Coarse salt and freshly ground pepper to taste
- Salad Dressing (we suggest Ranch or Blue Cheese.)

Instructions

1. Chop the lettuce heart into 1- to 2-inch pieces. Combine it with the bacon, other vegetables, and nuts in a large bowl and toss the mixture well.
2. Keep the salad chilled until serving time. Then toss it again with enough dressing to lightly coat the vegetables, and season it with salt and pepper. Serves 6.

