

RSVP

Retired & Senior Volunteer
Program RSVP of Berks,
Pike & Wayne Counties



National Service Day and AmeriCorps Week Proclamation

During AmeriCorps Week last March 12-18, 2023, the commitment of the millions of Americans who have chosen to serve their country through AmeriCorps and AmeriCorps Seniors was recognized. We are extremely thankful for our own Diakon Community Services AmeriCorps Seniors RSVP volunteers who raise their hands to help when the need arises!

The county commissioners in Berks, Pike & Wayne Counties honored our volunteers' service by issuing proclamations in recognition of their work.

Commissioners, Diakon staff, RSVP volunteers and advisory board members attended the proclamation presentations.



Spring 2023

Inside this issue:

National Service Day and AmeriCorps Week Proclamation	1
Director's Notes	2
Spring Crossword	3
Health Updates	4
Recipe Corner/ Birthdays	5
Spring Fun Facts / Crossword Answer Key	6
Advisory Council Member Feature / Volunteer Spotlight	7
Advisory Council Members	8



Director's Notes

Dear all,

Spring is the time of the year that fills us with hope and renewal. After a long winter, the arrival of spring brings with it the promise of warmer weather, longer days, and new beginnings. I am delighted to share my thoughts on this exciting new season. The surroundings come to life with vibrant colors and fragrant scents. Let us embrace the energy and optimism of spring and take inspiration from the budding flowers, chirping birds and sunshine. Spring is a period of renewal and rejuvenation, growth and vitality.

In this Director's Notes, I invite you to join me on this journey of exploration and discovery as we celebrate the wonders of spring and all that it has to offer while staying active and finding ways to revitalize ourselves through physical activity.

Physical activity is crucial for maintaining the health and well-being of older adults aged 65 and above. Regular exercise has been shown to improve cardiovascular health, muscle strength, balance, and flexibility, while also reducing the risk of chronic diseases such as diabetes, hypertension and obesity.

However, older adults may face unique challenges when it comes to physical activity, including age-related declines in physical function, chronic health conditions and fear of injury. Therefore, it is essential to consult with a healthcare professional before starting a new exercise regimen.

The Centers for Disease Control and Prevention (CDC) recommends that older adults should engage in at least 150 minutes of moderate-intensity aerobic activity per week. Additionally, they should perform muscle-strengthening activities at least two days per week.

Some examples of moderate-intensity activities include brisk walking, gardening, swimming and learning a new dance. You can strengthen your muscles many ways, whether it's at home or the gym. Choose activities that work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders and arms).

It is important to note that older adults should also engage in activities that improve balance and flexibility, such as yoga, Tai Chi, or stretching exercises. These activities can help reduce the risk of falls, which can be especially dangerous for older adults.

In summary, regular physical activity is essential for the health and well-being of older adults aged 65 and above. It is important to consult with a healthcare professional before starting a new exercise regimen and to engage in a variety of activities that promote cardiovascular health, muscle strength, balance and flexibility.

We welcome your insights as well as volunteer articles and recipes that you may wish to share. Please email me at pedrosom@diakon.org or call me at 610-682-1351. I would love to hear from you!

All the best,

Mary Grace Deloso-Pedrosa

Director RSVP Berks, Pike & Wayne Counties



References:

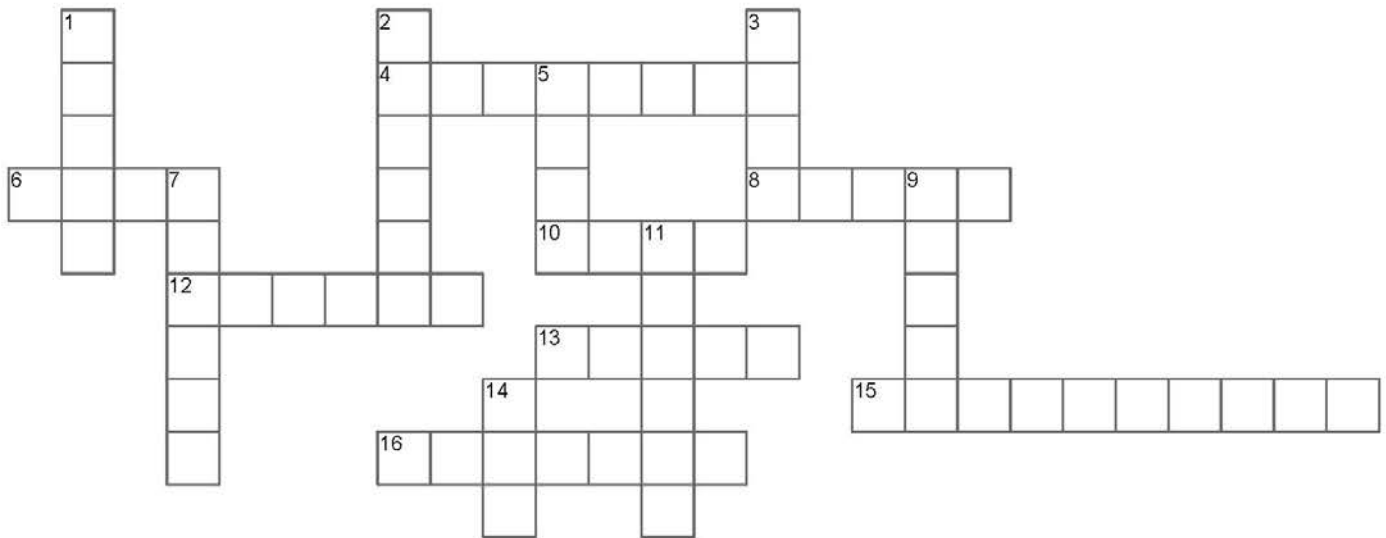
- Centers for Disease Control and Prevention. (2020). Physical Activity for Older Adults. Retrieved from https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm
- American Heart Association. (n.d.). Recommendations for Physical Activity in Adults and Kids. Retrieved from <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

Spring Crossword

Name: _____

Date: _____

Spring Crossword



ACROSS

4. Rain or sun protection.
6. Flying a _____ is the perfect windy day activity.
8. What snow does in Spring.
10. Where a bird lays its eggs.
12. A brief period of rain.
13. First month of Spring.
15. A day for playing tricks.
16. Spring, Summer, Fall, Winter.

DOWN

1. Fourth month of the year.
2. A small accumulation of water.
3. Not cold or hot.
5. Drops of water that fall from clouds.
7. The day kids hunt for eggs.
9. A Spring flower.
11. The season after winter.
14. Mother's Day is celebrated this month

SEASONS	KITE	MARCH	SHOWER
EASTER	WARM	PUDDLE	UMBRELLA
TULIP	RAIN	APRIL FOOLS	APRIL
MAY	SPRING	NEST	MELTS

Health Update

Real-Life Benefits of Exercise and Physical Activity

Why is physical activity important?

Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. In fact, studies show that “taking it easy” is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

Staying active can help you:

- ◆ Keep and improve your strength so you can stay independent
- ◆ Have more energy to do the things you want to do and reduce fatigue
- ◆ Improve your balance and lower risk of falls and injuries from falls
- ◆ Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer
- ◆ Sleep better at home
- ◆ Reduce levels of stress and anxiety
- ◆ Reach or maintain a healthy weight and reduce risk of excessive weight gain
- ◆ Control your blood pressure
- ◆ Possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks or plan an activity
- ◆ Perk up your mood and reduce feelings of depression

Emotional benefits of exercise

Research has shown that exercise is not only good for your physical health, it also supports emotional and mental health. You can exercise with a friend and get the added benefit of emotional support. So, next time you're feeling down, anxious, or stressed, try to get up and start moving!

Physical activity can help:

- ◆ Reduce feelings of depression and stress, while improving your mood and overall emotional well-being
- ◆ Increase your energy level
- ◆ Improve sleep
- ◆ Empower you to feel more in control
- ◆ In addition, exercise and physical activity may possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Here are some exercise ideas to help you lift your mood:

- ◆ Walking, bicycling, or dancing. Endurance activities increase your breathing, get your heart pumping, and boost chemicals in your body that may improve mood.
- ◆ Yoga. This mind and body practice typically combines physical postures, breathing exercises, and relaxation.
- ◆ Tai Chi. This “moving meditation” involves shifting the body slowly, gently, and precisely, while breathing deeply.
- ◆ Activities you enjoy. Whether it's gardening, playing tennis, kicking around a soccer ball with your grandchildren, or something else, choose an activity you want to do, not one you have to do.

Reference:

<https://www.nia.nih.gov/health/real-life-benefits-exercise-and-physical-activity>



Recipe Corner

Sheet Pan Teriyaki Chicken and Ramen Noodles

Ingredients:

- Cooking spray
- 3 (3 oz) pkgs ramen noodles
- 4 cups boiling water
- 3 tbsp olive oil, divided
- 1 (1 ½ lb) pkg boneless skinless chicken thighs
- ¾ cup sesame teriyaki marinade
- 1(10 oz) bag broccoli florets
- ½ (16 oz) bag baby carrots

Procedure:

Step 1 Preheat oven to 450 °F and line an 18x13 inch sheet pan with parchment. Coat parchment with the cooking spray. In a large heatproof bowl, combine the ramen noodles and boiling water (save flavor packets for another use). Soak 5 minutes. Drain noodles and return to bowl. Add 1 tpb oil and toss to coat evenly. Season with salt. Spread noodles on prepared baking sheet.

Step 2 In the same bowl, combine the chicken and ¼ cup teriyaki marinade. Toss until evenly coated. Season with salt and pepper. Layer chicken over noodles and drizzle remaining ½ cup marinade over sheet pan. Bake 10 minutes.

Step 3 Cut broccoli florets into smaller pieces, if needed. In another large bowl, combine broccoli, carrots, and remaining 2 tbps oil. Season with salt and pepper and toss to coat. Scatter vegetables over noodles. Bake 25-30 minutes until chicken is fully cooked and noodles are crispy.

Recipe from Kathy Mitchell (RSVP Volunteer)

Happy Birthday!

April

Carlene Guzzo	Sandra Hoffman
James Cordner	Dottie Maritato
Michael Jagacki	Joseph Scibetta
Kelly Locklin	Wilsa Garbe
Fred Hannel	Stanley Whittaker
Diana Torre	Keith Wolf
Loise Johnson	Mary Breitenbach
James Robertson	Kathy Mitchell
Sondra Rosenthal	Sharyl Kreiter
Rose Capitelli	

May

Donna Kurtas	Lenore Weisse
Kathy Meehan	Bill Reitsma
James Trout	Ronald Watson
Larry Buckingham	
Dennis Leavens	
Colleen Mentz	
Gordon Wells	
Anne Budano	
Gladys Rentschler	
Pamela Houskeeper	

Spring Fun Facts

FIVE FAVORITE SPRING FLOWERS: FUN FACTS

Next to the thawing snow and warmer weather, nothing brings more joy with the coming of spring than flowers. With their petals stretching in full bloom and their brightly popping colors, flowers hold the power to lift the human spirit with a single glance or with a whiff of their sweet aroma. Also, there's no better way to give your home an immediate spring refresh than with fragrant and delightful spring flowers.

Spring brings numerous varieties of beautiful blooms, but there are five popular ones that tend to be synonymous with the season.



1. Tulips – Imported from Turkey, the bulbs of tulips first reached Europe in the 1600s. During the Dutch Golden Age, tulips grew so popular among the wealthy as a status symbol (planting flowers in a garden was seen as a luxury because most people needed the room for edible plants) that at one point the price for a tulip bulb was roughly equivalent to 10 times the average yearly income of a craftsman. In the 1700s the Semper Augustus variety of tulip, featuring red and white striated petals, became the most valued and costly tulip bulbs sold during Tulipomania in Holland. Today, Holland still honors its rich tulip heritage with an annual tulip festival.

2. Hyacinths – Most widely recognized for their distinctly fragrant scent, hyacinths grow in a variety of colors. Sometimes used as a symbol of rebirth, Hyacinths take a prominent place on the tables of Persian New Year celebrations on the Spring Equinox.



3. Daffodils – Rumored to have gained its scientific name, narcissus, from the Greek god, the daffodil has become famous for its beauty. When in bloom, a bright corona surrounds its bell. Thousands of variations of daffodils exist and have become a symbol of Easter in many cultures.

4. Irises – In ancient Egypt, King Thutmose III immortalized irises as a flower symbolizing rebirth. The three petals of the iris, in Egypt, represented wisdom, faith, and valor. The iris's name comes from the Greek word for rainbow, which refers to the plant's many colors and variations.



5. Daisies – Daisies belong to a family of flowers called Angiospermae. More than 23,000 species of flowers belong to the daisy family. Daisies are synonymous with spring, brightly colored, and energetic in appearance. Daisies are also edible. Added to a spring salad or sprinkled on the top of a cake, daisy petals make the most beautiful garnishments.

Spring Crossword
Answer Key



Advisory Council Member Feature

Steve Guccini



Steven R. Guccini is currently the President of United Way of Pike County and Advisory Council member of the Retired and Senior Volunteer Program of Berks, Pike & Wayne Counties. He graduated his Juris Doctor degree in 1979 at University of Miami School of Law and his Bachelor of Arts Major in Political Science in 1974 at Pennsylvania State University. He started his career as an Associate to Attorney William C. Gumble of Paupack, Pennsylvania in June, 1979. He proceeded to Private Practice of Law in Hawley, Pennsylvania in January, 1984 to December, 1992 focusing on General Practice of Law with emphasis on real estate, municipal law and litigation, and represented several different municipalities and zoning hearing boards. He was a Pike County Public Defender from June, 1984 to April, 1987. Worked as Assistant District Attorney of Lackawanna County from April, 1991 to December, 1991 with primary duties of major cases trials, Assistant District Attorney of Wayne County from January, 1992 to December, 1992, duties included all aspects of criminal prosecution from investigation through trial and appeal, Assistant District Attorney of Pike County from July, 1982 to June, 1986 and from January, 1991 to February, 1998, organized and headed Child Abuse Task Force, handled all types of criminal case, with emphasis on child sexual and physical abuse.

In April, 1994 to December, 2015, he was the Custody and Divorce Mediator of Pike County and completed 40 hour Divorce and Custody Mediation Training sponsored by Lancaster Mediation Center in June 2001. He then moved on to Private Practice of Law at Hawley in April, 1994 concentrating on General Practice on criminal law, real estate and litigation. He was a Lecturer of State and Local Government from August, 1999 to 2000, and Criminal Law and Procedure from September, 1996 to 2000 in Marywood University, Scranton. Steven was a Public Defender from March, 1998 to December 1999 and Assistant Solicitor from January, 2000 to December, 2003 in Pike County. He previously served as Pike County Commissioner

from January, 2016 to December, 2021. He is professionally affiliated to 3rd Circuit Court of Appeals, the United States District Court for the Middle District of Pennsylvania, the Pennsylvania Supreme Court, Pennsylvania Juvenile Justice Task Force and United Way of Pike County.

Steven enjoys music (alto and tenor saxophone), golfing, reading and skiing. He got his Private Pilot License in 1969 and Commercial License and Instrument Rating in 1974. He has 3 children namely Jeff, Sara and Jill. Jeff is an Accountant, Sara is an Attorney and Jill is a Librarian and Published Author. Steven is inspired by his 4 grandchildren Evan, Jake, Lucy and Tyson.

Volunteer Spotlight

Showing Love to the Community through Serving

Christine Wetzel

My name is Christine Wetzel and I prefer to be called Chris. I was widowed six years ago and moved to Heilman House, which is part of Diakon's Lutheran Home at Topton campus.. Several years ago I was asked to visit a resident at the Lutheran Home and we both enjoyed each other's company. A year or so ago, I noticed everyone here at Heilman House received the paper about RSVP Senior CHAT Program. Most everyone threw the paper away, but I saved it and called to see if they still need volunteers. I started in December 2022. The woman I call enjoys the calls (so do I) since she lives with her son who normally works 12 hours a day. On a recent call, we were chatting for quite awhile, when she didn't answer, I called her back after 15 minutes or so. She said the TV, phone and electric all went off the same time. Luckily, it wasn't a medical issue. We were both concerned since private numbers aren't used. I'm fortunate that I can walk or drive to the offices of Mary Grace Pedroso and Pamela Gerlach.

Many people get lonely and like to have someone to talk to, check on them and hear how they are doing. I am so thankful for being a part of RSVP Senior CHAT Program.





337A Park Place
Hawley, PA 18428



Mary Grace Doloso Pedroso, Director
PedrosoM@diakon.org

(610) 682-1351
1 South Home Avenue
Topton, PA 19562

Dawn Houghtaling, Coordinator
houghtalingd@diakon.org

(570) 390-4540
337A Park Place
Hawley, PA 18428

**Pam Gerlach, Administrative Assis-
tant/ Senior CHAT Coordinator**
gerlachp@diakon.org

(610) 682-1412
1 South Home Avenue
Topton, PA 19562

ADVISORY COUNCIL

Wendell Kay - Chairman
Mary Ursich - Vice Chairman
Jim Pierce - Secretary
Rick Olmos
Lori Koehler
Todd Reinert
Danielle Dietze
Lana Romeo
Joan Edel
Linda Shepard
Anne Marie Ferguson
Robin Skibber
Steve Guccini
Tammy Taylor