



# AmeriCorps Seniors

## RSVP

Retired & Senior Volunteer Program  
Blair, Fulton, and Huntingdon Counties  
1-800-323-9997

RSVP Newsletter  
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## The Retired and Senior Volunteer Program (RSVP) of Fulton County



In May 2025, AmeriCorps awarded Center for Community Action (CCA), the Project Sponsor of the Retired and Senior Volunteer Program (RSVP) of Blair and Huntingdon Counties, an RSVP grant for Fulton County. CCA will use the RSVP grant for Fulton County to recruit AmeriCorps Seniors for partner organizations who are in need of volunteers to provide services for those in need. The RSVP grant for Fulton County will also provide additional support and recognition for AmeriCorps Seniors which will help with the retention of volunteers.

RSVP of Fulton County has three main focus areas that will help individuals and families gain access to

important services. The first focus area is providing food assistance for those in need. According to CCA's 2022 Needs Assessment, the food insecurity rate of the population in Fulton County is 11.3%, which is higher than the national average of 10.9%. Lack of transportation is a barrier for community members in Fulton County where the only transportation is the senior vans which are available for a fee. These community factors increase the importance of individuals having increased food security. Studies show that access to regular, nutritious meals is a key factor in doing so. AmeriCorps Seniors will help with collecting, distributing, and transporting food to low-income individuals to increase food security in Fulton County.

The second focus area is providing access to medical care for individuals. According to CCA's 2022 Community Needs Assessment, the mental health provider to patient ratio is 2,080:1 and the primary care physician to patient ratio is 4,840:1. AmeriCorps Seniors will transport, escort, and provide information about medical services to individuals to improve the health of those served in Fulton County.

The third focus area is providing clothing for low-income families and individuals. According to CCA's 2022 Community Needs Assessment, Fulton County's per capita income is lower than the national average of \$37,683 at only \$27,395. Overall poverty level in the United States is 11.6% but is 11.27% in Fulton County. Since Fulton County has a poverty level of 11.27%, clothing insecurity is an identified need. AmeriCorps Seniors will provide clothing to families and individuals by collecting clothing donations, organizing the clothing donations, and distributing the clothing donations.

Volunteers who enroll in RSVP for Fulton County will receive mileage reimbursement for travel to/from their home to the RSVP Station. AmeriCorps Seniors will also be covered by 3 types of supplemental insurance during their hours of service (accident, personal liability, and excess automobile liability). AmeriCorps Seniors will also receive gifts of appreciation and be invited to an annual volunteer recognition event. If you are interested in volunteer opportunities at Fulton County, then please contact Danielle Ochs, RSVP Project Coordinator, at 814-643-4202 ext. 4202 or dochs@ccaofpa.org.

## Independence Day Quiz

Independence Day is not just a celebration of our history, it's a reminder of our shared responsibility to protect liberty, uphold justice, and strive for a better future for all. Let's see how well you know about the history of Independence Day by answering the questions below. The answers to this quiz will be posted in the next RSVP newsletter.

1. Who was the King of England when the American Colonies established independence?
2. Which city hosted the first official Independence Day celebration on July 4, 1777?
3. How many times does the Liberty Bell ring on each Independence Day?
4. What is the location of the nation's oldest Independence Day parade?
5. What year was Independence Day declared a national holiday in the United States?
6. What is the largest Independence Day fireworks display in the United States?
7. What was the start date of the Revolutionary War?
8. What saying, associated with the British taxing the American Colonies, is often referred to as a pillar in the American Revolution?
9. What was dumped into Boston Harbor on Dec. 16, 1773, to protest Britain taxing the American Colonies?
10. What is the name of the man who made a midnight ride to Lexington, Massachusetts, to warn residents the British were coming?
11. On which day was the Declaration of Independence actually signed?
12. How many signatures are on the Declaration of Independence?
13. Who is credited with writing the Declaration of Independence?
14. Who has the biggest signature on the Declaration of Independence?

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## Recipe - Berries 'n' Bits

"My Oma (Grandma) would always make this recipe for Independence Day since it incorporated red, white, and blue colors. It is the perfect dessert to have for hot days which are coming up soon. I wanted to share this recipe in case anyone wanted to try making it for the upcoming holiday to share it with their friends and family. If you try it, then I hope that you enjoy!" Danielle Ochs, RSVP Project Coordinator.

- 1 large box of instant vanilla pudding
- 1 ½ cups cold water
- 1 can sweetened condensed milk
- 1 8oz container of cool whip
- 1 box of vanilla wafers
- Fresh berries (Strawberries, Blueberries, Blackberries, Raspberries)
- 1 bag of mini chocolate chips

Directions: In a large bowl, combine the large box of instant vanilla pudding mix, cold water, and sweetened condensed milk and put it in the refrigerator for 10 minutes. Remove from the refrigerator and add cool whip. Then layer it in a clear bowl (for an "impressive display") layer half of the pudding mixture, next the vanilla wafers, then the fresh berries. Sprinkle the mini chocolate chips on top of the berries. Do another layer of each. Keep chilled until ready to serve.



If you have a recipe that you would like to be included in the upcoming RSVP newsletters, then please email your recipe to Danielle Ochs, RSVP Project Coordinator, at [dochs@ccaofpa.org](mailto:dochs@ccaofpa.org).

## July Birthdays

5-Tom Ritchey  
7-Joe Krabill  
8-Susie Black  
11-Tom Gibboney  
11-Sherry Miller  
12-Wally Corcelius, Jr.  
12-Ginny Gill  
14-Darlene Harella  
16-Keith Black  
18-Judy McCracken  
20-Jack Harman, Jr  
20-Frank Huhn  
22-Gini Anslinger  
23-Bob Spickler  
26-Julie Beiswenger  
26-Bill Black  
26-Marianne Raudabaugh

## August Birthdays

1-MJ Smith  
3-Barbara Woods  
6-Sue Davis  
8-Sue Croyle  
10-Shirley Mosbey  
11-Diane Heffner  
11-Sue Reck  
12-Terry Rupert  
14-Pam Prosser  
16-Deb Goss  
17-Richard McDermitt  
17-Jean Pile  
21-Mary Jo Ivory  
24-Polly Bowers  
24-Carol Graham  
27-Jay Buchanan  
28-Dorothy Anderson  
28-Paula Crow  
28-Judy Kimberlin  
31-Doug Buchanan  
31-Kathy Fink  
31-Bill Frazier  
31-Joan Soyster

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### Answers to Parent's Appreciation Quiz

Below are answers to the May/June newsletter quiz:

1. What is the most popular gift to give moms on Mother's Day in the United States? **Flowers**
2. What is the most popular gift to give dads on Father's Day in the United States? **Neckties**
3. What is the traditional flower for Mother's Day? **Carnations**
4. What is the traditional flower for Father's Day? **Roses**
5. Which American social activist founded Mother's Day in the United States? **Anna Jarvis**
6. Who organized the first Father's Day celebration in the United States? **Sonora Smart Dodd**
7. Which U.S. President made Mother's Day an official holiday? **Woodrow Wilson**
8. Which U.S. President made Father's Day an official holiday? **Richard Nixon**
9. What year was Mother's Day first celebrated in the United States? **1908**
10. What year was Father's Day first celebrated in the United States? **1910**
11. True or False: Mother's Day started as an anti-war movement. **True**
12. True or False: The first Father's Day was celebrated to honor a single dad. **True**
13. True or False: Americans spend more money on Father's Day than they spend on Mother's Day. **False**
14. In the 1920s and 1930s, there was a movement to do away with Father's Day and Mother's Day in favor of this single holiday. **Parent's Day**