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**RSVP Stations - a continuing series**

RSVP partners with local organizations in Blair and Huntingdon counties to provide meaningful volunteer opportunities for people age 55 and over. We are featuring these organizations in our newsletter to share information about what they do and how AmeriCorps Seniors volunteers who serve there make a difference in our communities.



*AmeriCorps Seniors volunteer Sharle Kirkham\* packs eggs for clients.*



In 1979, United Methodist churches started a food bank as a faith-based response to the problem of hunger in Altoona and surrounding areas. In 1980, having been named "Altoona Food Bank," this service operated out of the United Methodist Church basement at 12<sup>th</sup> Avenue and 13<sup>th</sup> Street. In 1994 Altoona Food Bank relocated to a leased space in a building owned by Blair County Community Action Agency at 6<sup>th</sup> Avenue and 21<sup>st</sup> Street. In 2020 the lease was discontinued because Blair County Community Action Agency had moved to a new building and put its old one up for sale. The need for additional space was another factor motivating the food bank to find a new operating location. By doing so, it can better help the increased numbers of community members needing food support services. The new location will be identified on the Altoona Food Bank Facebook page once the move is completed.

Altoona Food Bank is a partner agency of the Central Pennsylvania Food Bank which serves Blair and 26 other counties. The Central Pennsylvania Food Bank is a non-profit organization whose mission is to reduce hunger by connecting those who have food resources with those who need them. They operate two Healthy Food Hubs, located in Harrisburg and Williamsport. These food hubs are collection points for tons of food that gets distributed to a network of more than 1,000 partner agencies including the Altoona Food Bank. This partnership gives the agencies the ability to purchase large quantities of food for very low prices. For people in Blair County who are in need, Altoona Food Bank distributes food 3 days each week (Monday, Wednesday and Friday) from 9:15 a.m. until noon. Clients receiving food supplies must meet income eligibility guidelines that are designated by Pennsylvania. Community members who meet these guidelines and become registered clients at Altoona Food Bank are given food at no cost once a month.

Evanna Walter, Altoona Food Bank advisory board president, indicated that there has been an increase in food insecurity in our area related to job loss due to the pandemic. Additionally, the food bank is seeing an increase in the numbers of older adults who need assistance. This is, at least in part, due to their set incomes not stretching to cover all their needs such as rent, utilities, rising costs of prescriptions and food. Evanna wants people to know that the food bank is there to help so they don't have to choose between buying food or medicine.

Altoona Food Bank is 100% volunteer driven. Volunteers assist in many ways including picking up food supplies, stocking shelves, registering clients, packaging and distributing food to clients and serving on the advisory board. Volunteer Coordinator Rene Homer said, "I have always felt it is important to give my time to help others. Serving at AFB is very satisfying work." She shared that all the volunteers talk about how they love serving others and helping the community. And, she said, "We could not function without the faithful volunteers. Volunteers can serve as little as 3 hours once a month, but most serve weekly. We are always looking for more help. And we really appreciate the support our volunteers receive from RSVP!"

Altoona Food Bank's primary source of funding is donations from churches, individuals and businesses to be able to purchase food from the Central Pennsylvania Food Bank. Recently they were chosen as the recipient of Altoona Mirror's 16<sup>th</sup> Annual Season of Sharing which will provide much needed support to address the increased needs in our area. Rene says, "Donations are very important for giving us the ability to serve those in need. We accept any non-perishable food as well as monetary donations." She said one of the food bank's favorite things to share is "A single donated can of food allows us to serve one. A single dollar helps us to distribute 5 pounds of food."

For more information, to donate or to volunteer, contact the Altoona Food Bank at 814-942-8415 or visit its Facebook page at <https://www.facebook.com/Altoona-Food-Bank-208885576195227/>

*AmeriCorps Seniors volunteers (l to r below) Rene Homer, Pauline Bowers and Ruth McKinney prepare food orders.*



*AmeriCorps Seniors volunteer Jim Rozier\* distributes food to clients.*



*\*Photos pre-pandemic mandatory wearing of masks.*



The Central PA Humane Society (CPHS) opened at 1837 E. Pleasant Valley Blvd., Altoona, in 1964. CPHS is a charitable, non-profit 501(c)(3) organization serving Blair and surrounding counties that is dedicated to helping animals and people. The primary goal of CPHS is to find loving homes for adoptable animals. The organization has a dedicated staff of 15-20 full- and part-time professionals including Animal Care Attendants, Adoption Counselors, Humane Police Officers, and administrative staff. The shelter residents include dogs, puppies, cats, kittens and small animals such as rabbits, guinea pigs, ferrets, and hamsters. They occasionally care for reptiles and pot-bellied pigs.

CPHS does not euthanize adoptable pets. Animals remain available for adoption if they are physically and mentally healthy. CPHS won't euthanize for an illness that can be treated, behavior that can be modified, or for a length of stay, providing there is quality of life for the pet. The designation of "no-kill" can be applied to any shelter that euthanizes less than 10 percent of their animals per year for reasons of health and temperament. CPHS has met this designation and has provided a haven and forever homes to more than 90% of animals that enter their facility. Instead of "no-kill," the CPHS shelter is referred to as "life-saving."

CPHS adoption programs, outreach to rescue groups, and use of foster care create a flow of animals in and out of the shelter that helps them with space availability. The CPHS adoption package includes spay/neuter surgery, first round of vaccinations (DHLPP & Bordetella for dogs, FVRCP for cats), a current rabies vaccination, deworming, leukemia & AIDS test (cats), a shelter ID tag (dogs) and a microchip. Often there are more animals than there are adoption homes available and the cost of providing shelter and medical care for the animals can become high. CPHS receives little or no governmental support and depends almost entirely on the generosity of the community. CPHS welcomes financial donations as well as items regularly used to care for the animals. A "wish list" of needed items can be viewed on the CPHS website. Additionally, volunteer help is critical to maintain shelter operations and take care of the animals.

*(AmeriCorps Seniors volunteer Mark Coho cares for the big dogs at the shelter.)*



Dylan Kotrick, CPHS volunteer coordinator, said, "Our most popular volunteer opportunities involve any type of animal interaction. We have dog walking, dog socialization, canine cardio, cat socialization and are working on getting a one-on-one dog program up and running." He indicated that other opportunities include day to day cleaning, laundry, helping with events, answering phones and other administrative duties. He also shared, "Our doors would not be open if it wasn't for the volunteers and our generous community. They help with day to day tasks and help socialize our animals and make them more adoptable. Some of our animals are not used to human touch. The patience and work our volunteers and staff put in with these animals is above and beyond."

AmeriCorps Seniors volunteer Mark Coho serves at CPHS. Dylan said, "Mark is one of our most dedicated dog walkers. He has been walking dogs almost every week for more than five years. Mark volunteers because he has a big heart for the animals. He has even adopted from us giving a very hard to place dog a loving home." Mark believes "you can always open up your home to an animal," and he encouraged people to "adopt a dog today."

Mark was asked to pose for a few photos and he requested RSVP include this light-hearted photo of his volunteer duty using the pooper scooper in the big dogs yard at CPHS. Upon seeing it, RSVP Advisory Council member Dave Fryer said, "It's proof that volunteers will do anything to assist!"



To learn more, donate or begin volunteering at CPHS, call 814-942-5402, email [info@centralpahumane.org](mailto:info@centralpahumane.org) or visit their website at <https://www.centralpahumane.org/>



**RSVP is sending out wishes for a calm, happy, healthy 2021!**

We are hoping that all volunteers can safely return to service and we can once again have in-person volunteer celebrations.

Until then, stay safe!





Birthday wishes to all of you for a happy, healthy year!

### January

- |                         |                          |
|-------------------------|--------------------------|
| 4 - Lois Lynn           | 14 - Margaret Fields     |
| 4 - Maria Teresa Mohler | 14 - James Gatehouse     |
| 5 - Charles Grove       | 19 - Wilford Park        |
| 5 - Sharle Kirkham      | 22 - Joanne Garber       |
| 6 - Raymond Kemp Jr.    | 23 - Eric Glover         |
| 8 - William Benson III  | 24 - Philip Conlin       |
| 8 - Barbara Grove       | 25 - Benjamin Kreidler   |
| 9 - Willard Rozier      | 27 - Barbara Stapleton   |
| 9 - Anna Waite          | 29 - Carolyn Parks       |
| 10 - James Jackson      | 30 - Margaret Ferrenberg |
| 12 - Dolly Grissinger   |                          |

### February

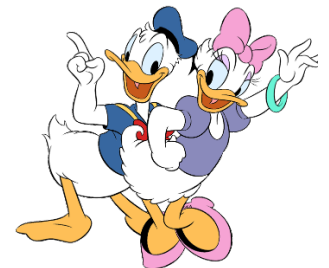
- 3 - Cathie Yingling
- 7 - Sandra Beck
- 7 - Dorothy Du Bois
- 11 - William Scott
- 13 - Rosalie Jones
- 15 - Ardell Ball
- 16 - Gini Kelley
- 17 - Pearl Jackson
- 19 - Mildred Foust
- 21 - Richard Evans
- 22 - Constance Angeski
- 23 - Barbara Chaundy
- 25 - Kathryn Lucas

## Famous Duos of Cartoons, Fairy Tales & Nursery Rhymes

You, your children, or maybe even your grandchildren grew up watching well known cartoon duos or learning about them from nursery rhymes and fairy tales.

The following list is one of the names of well-known duos. Can you name their missing partner?

- |                   |                       |                         |
|-------------------|-----------------------|-------------------------|
| 1. Batman and ... | 8. Tom and ...        | 15. Road Runner and ... |
| 2. Mickey and ... | 9. Popeye and ...     | 16. Thing 1 and ...     |
| 3. Jack and ...   | 10. Chip and ...      | 17. Tweedle Dum and ... |
| 4. Barbie and ... | 11. Donald and ...    | 18. Kermit and ...      |
| 5. Fred and ...   | 12. Sylvester and ... | 19. Scooby-Doo and ...  |
| 6. Hansel and ... | 13. Rocky and ...     | 20. Bugs and ...        |
| 7. Bert and ...   | 14. Hansel and ...    |                         |

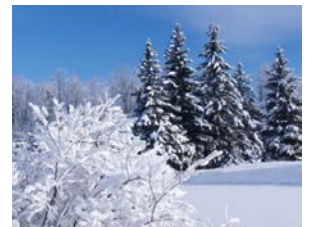


Answers to this quiz will be posted on the RSVP Facebook page and in the next newsletter.

## Winter Quiz Answers

Following are the answers to the quiz published in the November/December 2020 newsletter:

1. Snowflakes have 6 sides.
2. The first Winter Olympic Games were held in Chamonix, France in 1924.
3. Winter Solstice is the day having the shortest period of daylight and the longest night of the year.
4. Icicles are a product of the sun's warmth melting snow. The sun's strongest rays shine from the south in winter, so icicles are most likely to form on the south side of a building.
5. The earth is closest to the sun in January (the start of the winter season in the northern hemisphere) when its orbit is nearest to the sun. Seasonal drop in temperature is based on which direction the Earth's axis is tilting and not the distance of our planet to the sun.
6. Jimmy Stewart played George Bailey in "It's a Wonderful Life."
7. Poinsettias grow wild in Mexico and Central America. The common English name was derived from Joel Roberts Poinsett, the first United States Minister to Mexico, who is credited with introducing the plant to the US in the 1820s.
8. Winter Banana is an apple with smooth yellow skin and flesh having a rather coarse texture that is moderately soft and sweet.
9. Curling is known as the "roaring game" due to the sound made when the granite stones slide over the sheet of ice.
10. Egg nog is the dairy-based beverage that was historically known as "milk punch."
11. Folklore says that the wider the black band is on a woolly bear caterpillar, the more severe winter will be.
12. Evergreens are ancient symbols of nature's hardiness due to their ability to retain their leaves through the cold winter. They have been important spiritual symbols in many human cultures often symbolizing immortality and eternal life.



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