

JAMES MELIA



*Cape Cod & Islands RSVP Staff*

**Volunteering is an act of heroism on a grand scale. And it matters profoundly. It does more than help people beat the odds; it changes the odds.**

**~~Former President Bill Clinton**

Hello everyone! I hope each and every one of you had a wonderful and safe Fourth of July. I spent my entire weekend at the beach. It was fantastic. And what a weekend it was! I think it is safe to say that we haven't had a summer like this in many, many years, and it's only the beginning of July! There are still plenty of weeks of summer to be enjoyed, so we should all live it up!

Patriotism is the main concept that goes along with this very special

holiday. There is patriotism for our country, our military, and our local communities.

Through volunteering and devotion in your town, you are all displaying great acts of patriotism, and for that, you all should be very proud! Keep up the good work!

Susan and I just returned from our National Volunteer Conference down in New York City. It was such a great experience. I met so many people, from all around the

country, who contribute more than their fair share to their respective communities. Listening to the speeches and presentations gave me inspiration to do more. I wish you all could have been there to share in this experience. Let's do all we can to make this an extremely successful summer for the Senior Service Corps.

## HAPPY FOURTH OF JULY

### JULY MONTHLY OBSERVANCES

- **Baked Beans Month**—Michigan leads the nation in the production of dry edible navy beans, black beans and cranberry beans
  - **Anti-Boredom Month**
  - **Hitchhiking Month**
  - **Hotdog Month**
  - **Blueberry Month**

## NEW AND AVAILABLE VOLUNTEER OPPORTUNITIES

- ◆ **American Cancer Society** is in need of volunteers for the Cancer Resource Center at Cape Cod Hospital and drivers for the Road to Recovery program.
- ◆ **Nauset FISH** needs drivers from Wellfleet, Eastham, Orleans, and Brewster, as well as Dispatchers. Training is provided.
- ◆ **American Red Cross** is looking for volunteers for general support as well as more specific support aimed at disaster services. They are also looking for volunteers who have access to the military base to help out with their newly opened Resource Center.
- ◆ **Cape Cod Samaritans**—Cape Cod and the Islands, as a region, has the highest rate of suicide in MA. Samaritans is conducting a combined Crisis Line and Senior Outreach Volunteer Training starting July 12th. Their volunteers answered more than 21,000 calls in 2009. Help those who are reaching out.
- ◆ **VNA of Cape Cod** has volunteer donation assistant position openings at the VNA thrift shop in South Yarmouth.
- ◆ Special Event Volunteers needed by **Barnstable Land Trust** for August 14th for the Gifts From the Sea auction and lawn party. These included parking, bar tending, auction runner, grill team, food services, and bead sellers.
- ◆ **Coast Guard Heritage Museum** needs front desk staff volunteers and those who may be interested in being docents. Open Tues-Sat 10-3 pm May through November 1.
- ◆ **Housing Assistance Corporation** has variety of opportunities, including shelter assistants, childcare, organic gardeners, deliverers.
- ◆ **Harwich Historical Society** is still seeking volunteers for computer data entry and docent positions.
- ◆ **Habitat for Humanity of Cape Cod** has several non-construction opportunities plus construction opportunities for their Women Build project in Mashpee starting in August.
- ◆ **Harwich Council on Aging** needs a Volunteer Aide for their COA van.
- ◆ **Hands of Hope** needs help in their thrift shop, food pantry, answering the phone and going through donations.
- ◆ **Meals on Wheels** and **Senior Dining** sites across the Cape are looking for volunteers, especially the Orleans, Wellfleet, and Dennis sites.
- ◆ **Dennis Council on Aging** needs office assistants, drivers, friendly visitors, computer classroom aides, day center aides, and newsletter collators.

IF YOU ARE INTERESTED IN ANY OF THESE OPPORTUNITIES OR ANY OTHER SERVICE PARTNER LISTED WITHIN THIS NEWSLETTER, JUST CALL OR EMAIL ME AND WE CAN SET SOMETHING UP!

**James Melia, 508-394-4630 X522. [james.melia@escci.org](mailto:james.melia@escci.org)**

**- ANN GALLAGHER'S 3R'S PROGRAM IS CURRENTLY LOOKING FOR TUTOR VOLUNTEERS FOR HYANNIS WEST ELEMENTARY SCHOOL SUMMER PROGRAM FOR GRADES 1,2,3 AND 4. IF INTERESTED CONTACT ANN AT 508-394-4630 X521.**

# SENIOR ENVIRONMENT CORP

- **Thornton Burgess** in Sandwich needs people to greet visitors and talk about the museum. 3 hour shifts on most days except for Mondays. They also need volunteers to help reorganize the museum collection, answer phones at Green Briar, and to pick blueberries.
- **Felix Neck Wildlife Sanctuary** has volunteer opportunities for their Butterfly Garden Workday & Tour, Thursdays through July 29th. Help their butterfly garden grow and learn about island butterflies and their habitats.
- **Citizens for the Protection of Waquoit Bay** has a one day volunteer opportunity with a tour of local gardens on August 4th, 10-4 pm. Volunteers would staff gardens and help at the Reserve.
- **Coalition for Buzzards Bay** still needs bay watchers at these locations:
  - Quissett Harbor
  - West Falmouth Harbor
  - Hen Cove-Cedar Point Dock
  - Pocasset Harbor—Barlows Landing Dock
  - Pocasset River—TideWay Road DockThey also need a volunteer with a boat in Onset Bay to assist with water testing.
- **Harwich Conservation Trust** is always in need of office volunteers.

To learn more about **Lower and Outer Cape projects**, contact **Kevin Minnigerode** at 508-394-4630 X523.; for **Upper and Middle Cape projects**, contact **Arthur Neill** at 508-968-5125.



**The influence of a beautiful, helpful character is contagious, and may revolutionize a whole town.**

**~~Collier Graham**

## ACTIVE SENIOR SERVICE CORPS RSVP SERVICE PARTNERS

### ABC CORPS (Adults Benefiting Children)

A Baby Center  
Barnstable School System  
Bourne School Department  
Cape Cod Regional Technical High School  
Chatham School System  
D-Y Regional School District  
Falmouth Quilters  
First Lutheran Church Quilters  
Harwich Elementary School  
Harwich High School  
Mashpee Public Schools  
Nauset Regional School District  
Sandwich School District

### SEC (Senior Environment Corps)

American Lighthouse Foundation  
American Red Cross CC Chapter  
Association to Preserve Cape Cod  
Barnstable County Dept of Health and Environment  
Barnstable County Sheriff's Dept  
Barnstable Land Trust  
Brewster Conservation Commission  
Cape Cod Conservation District  
Cape Cod Coop Extension Services  
Cape Cod & Islands Self-Reliance  
Cape Cod Medical Reserve Corps  
Cape Cod Mosquito Control Project

Dennis Natural Resources  
Cape Cod Museum of Natural History  
Cape Wildlife Center  
Coalition for Buzzards Bay  
Coalition for Buzzards Bay  
Dennis Natural Resources  
Dukes County  
Eastham Dept of Natural Resources  
Falmouth Dept of Natural Resources  
Felix Neck Wildlife Sanctuary  
Friends of the National Seashore  
Friends of Sengekontacket  
Harwich Conservation Trust  
Long Pasture Wildlife Sanctuary  
MA Division of Fisheries and Wildlife  
MA Division of Marine Fisheries  
Marine Biological Lab  
Mashpee Dept of Public Works  
MA DPH, Radon Unit  
Massachusetts Military Reservation  
Monomoy National Wildlife Refuge  
National Park Service  
Orleans Planning Department  
Shellfish Promotion and Tasting, Inc.  
Thornton W. Burgess Society  
Town of Oak Bluffs/Shellfish Dept.  
Tufts Conservation Sciences  
Waquoit Bay Estuarine Research  
Wellfleet Bay Wildlife Sanctuary  
WHOI/Cape Cod Extension Service  
Yarmouth Division of Natural Resources

### FANS (Friends & Neighbors)

Alzheimer's Services of Cape & Islands  
American Cancer Society  
Audible Local Ledger  
Barnstable Senior Services  
Cape Cod Community Media Center  
Cape Mediation  
Chatham Council on Aging  
Coast Guard Heritage Museum  
Consumer Assistance Council  
Dennis Council on Aging  
Dennis Police Dept  
ESCCI  
Falmouth Service Center  
Habitat for Humanity of Cape Cod  
Hands of Hope Outreach Center  
Harwich Council on Aging  
Harwich Historical Society  
Homeless Prevention Council  
Hospice Association of Cape Cod  
Housing Assistance Corporation  
Jewish Federation of Cape Cod  
Nauset Region FISH  
Parish Nurse Ministries/St. Pius  
Salvation Army  
Samaritans of Cape Cod  
Sight Loss Services  
SHINE  
Vineyard Village at Home  
VNA of Cape Cod  
Yarmouth Port Library  
Yarmouth Senior Center

## SERVICE PARTNER SPOTLIGHT: CONSUMER ASSISTANCE COUNCIL



The Consumer Assistance Council, CAC, located in Hyannis, has a primary objective to assist and educate consumers and sellers of goods and services about consumer protection laws. Their secondary objective is to insure that consumer transactions are conducted in a fair and equitable manner and that ethical mer-

chants are protected from unjustified complaints.

To carry out these goals, CAC engages in many consumer related activities, including education, workshops and programs, all carried out through public media, meetings, and counseling.

CAC maintains continued

contact with government officials, businesses, media etc that share their objective in fair treatment for consumers/merchants.

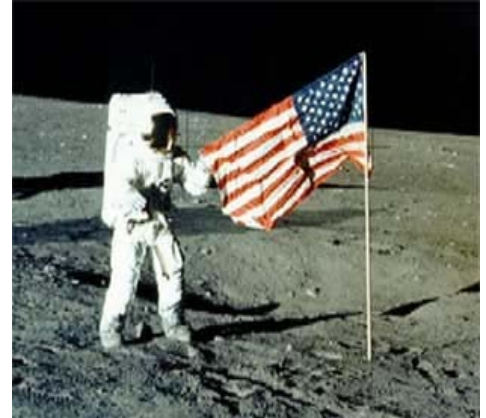
To learn more about CAC, visit their website:

[www.consumercouncil.com](http://www.consumercouncil.com)

# ON THIS DAY IN JULY...

Can you believe that July 20th will be the 41st anniversary since Neil Armstrong became the first man to walk on the moon?!

It was July 20, 1969. America was embroiled in the Vietnam War, Richard Nixon was our president, the Beatles and the Rolling Stones were still going strong, and Woodstock was a month away. It seemed as if American society was splitting at the seams. However, one monumental event seemed to reignite patriotic pride across the country and bring everyone together, even just for a moment. On this special day, millions of Americans across the country sat glued to their television sets and watched as Neil Armstrong became the first man to walk on the moon and plant the American flag on VERY foreign soil. "That's one small step for man, one giant leap for mankind."



*We are prone to judge success by the index of our salaries or the size of our automobiles, rather than by the quality of our service relationship to humanity.*

*~~ Dr. Martin Luther King, Jr.*



## ***JULY HUMOR***



**YOU KNOW YOU ARE IN FLORIDA DURING THE SUMMERTIME WHEN:**

- ◆ The best parking place is determined by shade instead of distance.
- ◆ Hot water now comes out of both taps.
- ◆ You can make sun tea instantly.
- ◆ You learn that a seat buckle makes a pretty good branding iron.
- ◆ The temperature drops below 95 and you feel chilly.
- ◆ You discover that in July it only takes 2 fingers to steer your car.
- ◆ You break into a sweat the instant you step outside at 7:30 am.
- ◆ You realize that asphalt is a liquid state.
- ◆ The cows are giving evaporated milk.
- ◆ The trees are whistling for the dogs.
- ◆ You discover that you can get sunburned through your car window.

Susan Schneider  
Program Director, X520

James Melia  
Volunteer Coordinator, X522

Ann Gallagher  
3R's Coordinator, X521

Arthur Neil  
SEC Coordinator, 508-968-5125

Kevin Minnigerode  
SEC Coordinator, X523

RSVP Senior Service Corps  
Elder Services of Cape Cod and  
the Islands  
68 Route 134  
South Dennis, MA 02660

**Website: [www.escci.org](http://www.escci.org)**



2 lg. eggs  
3/4 cup bread crumbs  
1 med-lg. eggplant  
1 loaf soft Italian bread  
2 cups homemade or store bought  
tomato sauce  
10 oz mozzarella cheese (not  
shredded)  
1/2 tbs olive oil  
2 tbs basil (chopped or sliced)  
Salt and pepper

# RSVP

## Lead With Experience

A pessimist, they say, sees a glass of water as being half empty. An optimist sees the same glass as half full. But a giving person sees a glass of water and starts looking for someone who might be thirsty.

~~ G. Donald Gale

### **EGGPLANT AND MOZZARELLA MELT (COURTEOUSY OF SARAHBETH GLYNN) on the grill or in the oven.**

1. Pre-heat oven to 475' or pre-heat grill to the same temp. slice eggplant into rounds. If cooking in the oven, oil a baking sheet. If cooking on grill, place tin foil over the grill plate.
2. In a shallow bowl or deep plate beat eggs and season with salt and pepper to taste. Place bread crumbs on a plate. Dip the eggplant rounds first in the eggs and shake. Then dip and cover with bread crumbs. Place on baking sheet or tin foil. Cook for 10-15 minutes.
3. While eggplant is cooking prepare the bread by slicing length wise and placing cut side up on a baking sheet for the oven and a new piece of tin foil for the grill. Press the middle of the bread to create a slight well for the tomato sauce. Spoon your preferred amount of tomato sauce into the well and up to the edge of the bread. Next slice the mozzarella into 1/4 inch slices.
4. Once the eggplant has been removed from the heat place over the tomato sauce covering as much of the bread as possible. Next place the sliced mozzarella over the eggplant. Drizzle olive oil over the top. Place in oven or on grill for 7-10 minutes. (For the daring grill masters, you may grill the bread instead of using tin foil)
5. Remove from heat and sprinkle basil over the top, cut and serve!