



Buzz, Body & Bites

A newsletter for actively aging adults
Virginia Cooperative Extension Family & Consumer Sciences
November 2023

Volunteer to Make a Difference

As you begin to think about New Year's resolutions to get healthier and strengthen your mind and body, or to become more involved in your community, volunteering can help you meet your goals in 2024! Whether you've been an active volunteer for many years or are looking for your first volunteer opportunity, [Serve Virginia website](http://servevirginia.org) (servevirginia.org) is a state-wide resource to help you find a fulfilling fit. As part of the Virginia Department of Social Services, Serve Virginia aspires to build a culture of service and volunteerism in all corners of the Commonwealth by inspiring individuals and organizations to engage, connecting them with the resources they need to make a difference and celebrating the tremendous impacts we make together.

Another great starting place to discover volunteer opportunities in your community can be found in the Volunteer Centers that make up our Virginia Volunteer Center Network, located throughout the state to help individuals and groups find service opportunities that interest them. Their staff and volunteers can help you identify the types of service that would be best to fit your interests and lifestyle.

Also, if you're 55 or older, AmeriCorps Seniors is a tailor-made opportunity that offers a wide range of programs, including the Foster Grandparent Program, the Senior Companion Program, and service projects through the RSVP program, as well as more informal tasks like delivering groceries to an elderly neighbor or support a family impacted by natural disaster. Each year, more than 140,000 volunteers serve in AmeriCorps Seniors to support local organizations, families, and individuals across the U.S.—and you can join them!

In addition to the personal fulfillment that comes from sharing your time with others and serving your community, volunteering your time and talents can be a great way to help others, build connectedness and make new friends, learn new skills (and exercise those that you already have), and improve your own sense of wellbeing and health. In fact, more than 80% of AmeriCorps Seniors volunteers experience decreased anxiety, depression, and loneliness.

We hope these resources will get you excited about volunteering and help you feel empowered and ready to seek out the volunteer opportunity of your dreams in the new year!

Contributed by Sarah Lawson, Serve Virginia

Resources to get started with volunteering

Serve Virginia

To get you going, you can take a short quiz to discover your volunteer personality on the Serve Virginia website and find out which types of service complement you best, from informal volunteer roles to AmeriCorps options.

Take the quiz at: <https://servevirginia.org/volunteer-quiz>.

Virginia Volunteer Center Network:

Find a Volunteer Center near you by visiting: <https://servevirginia.org/get-involved/volunteer-center-networks/>.

AmeriCorps Seniors

To find out more about how you can get involved in AmeriCorps Seniors and make a positive difference in your community, visit: <https://americorps.gov/serve/americorps-seniors>.

Search for specific AmeriCorps Seniors opportunities near you using the AmeriCorps Seniors Pathfinder: <https://americorps.gov/serve/americorps-seniors/americorps-seniors-pathfinder>.

Finally, there are many other AmeriCorps opportunities that are open to folks of any age! Explore other opportunities across the Commonwealth at: <https://servevirginia.org/about-us/americorps/virginia-americorps-opportunities/>.

Cream of Turkey and Wild Rice Soup

A wonderful way to use Thanksgiving leftovers that is easy to make and delicious. It is modified to be low in fat and rich in nutrients.

Source: EatingWell, recipe # 252422 www.eatingwell.com.

Ingredients:

- 1 Tablespoons olive oil
- 2 cups sliced mushrooms (4 oz)
- 3/4 cup chopped celery
- 3/4 cup carrots
- 1/4 cup chopped shallots
- 1/2 cup all-purpose flour
- 1/4 teaspoon salt & pepper
- 4 cups reduced salt chicken broth
- 3 cups shredded turkey, cooked
- 2 Tablespoons chopped parsley
- 1 cup instant wild rice
- 1/2 cup reduced fat sour cream
- 2 Tablespoons chopped parley

Instructions:

1. Heat oil in medium saucepan. Add mushrooms, celery, carrots and shallots and cook until soft. Add flour, salt & pepper and cook 2 minutes.
2. Add broth and bring to a boil. Add rice, reduce heat to simmer, cover and cook until rice is softened (10 - 15 minutes).
3. Add turkey, sour cream, and parsley. Heat through and serve.

Exercise Safety: Hydration

Proper hydration is vital for regulating the body's temperature, protecting organs, aiding digestion, and normalizing blood pressure.

How much water do you need? Check with your doctor first, but on average

- men need 15.5 cups of water a day
- women need 11.5 cups of water a day.

If you're working out or sweating heavily, you should drink more water. Hints to your hydration status:

- If you feel thirsty, you need hydration and should drink.

The color of your urine tells you the most about your hydration level.

- If it is dark in color, you need hydration.
- If it is pale yellow in color or clear, you're well-hydrated.

Resources

Serve Virginia - <https://servevirginia.org>.

Virginia Master Gardener Association - <https://vmga.net/wordpress/>.

Volunteer Programs with Virginia Cooperative Extension

- Master Food Volunteer Program, contact: Lester Schonberger, hlschon@vt.edu.
- Master Financial Education Volunteer - <https://ext.vt.edu/family/mfev.html>.

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