

**Invite a friend to
join RSVP today!**

The Corporation for National and Community Service is a federal agency that engages more than 5 million Americans in service through Senior Corps, AmeriCorps, and Learn and Serve America.

As a program of Senior Corps, RSVP offers "one stop shopping" for all volunteers 55 and over who want to find challenging, rewarding and significant service opportunities.

Locally RSVP is sponsored by Catholic Charities of Broome County.

The Director's Desk

We hope you are enjoying your summer! We here at RSVP are enjoying the warm, sunny weather and also enjoying exciting new projects and programs.

Enclosed in this newsletter you will find our annual volunteer survey. Please fill it out and return it to us at your earliest convenience. We appreciate your time and input about the RSVP Program.

Our volunteer recognition event in May was a success with everyone enjoying an outing to see the movie, "Draft Day". Thank you to all the volunteers for your efforts in our community!

Two Living Healthy with Diabetes Workshops were held this spring and a fall workshop has been scheduled. More information is in this newsletter for the upcoming workshop, or call RSVP with any questions. If you have diabetes, are pre-diabetic or a caregiver for someone with diabetes, this workshop is for you. Workshop participants report feeling more in control and better able to manage day to day.

We continue to recruit new volunteers and many of you recruit friends for RSVP. You are wonderful advocates for RSVP. Please continue to help expand our volunteer base.

Thank you to the five volunteers who trained with me in Albany in June in the Tai Chi for Arthritis Instructor Workshop. Tai Chi for Arthritis helps people do better with arthritis and helps prevent falls. Thank you to, Cinda Gausman, Linda Purdy, Carol Rock, Lisa Seok and Joan Vonderhorst. Watch for upcoming classes in the community.

Enjoy the summer! Deb

Impact areas for RSVP Volunteers

Education

Health

Environment

Disaster Preparedness

Economic
Opportunity

American Veterans

Benefits of Volunteering

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country. The intangible benefits alone – such as pride, satisfaction, and accomplishment – are worthwhile reasons to serve. In addition, when we share our time and talents we:

Improve lives

Strengthen

communities

Connect to others

Transform our lives



Save the Date!

Wednesday, September 10, 2014 10:00AM – 1:30PM

Veteran and Senior Luncheon & Appreciation Day

In honor of
National Day of Service and Remembrance

Oak Street Senior Center

58 Oak Street (St. Patrick's all purpose room)
For reservations call 724-1220 (by noon on 9/9/14)

Lunch/Entertainment/Remembrance/Prizes

A fall workshop for the Diabetes Self Management Program is being formed. Space is limited so early registration is suggested. The workshop meets once a week, for 6 weeks, for 2 ½ hours. Learn to manage your diabetes with this Stanford University Patient Education Workshop. Good for caregivers too.

Living Healthy with Diabetes Workshop

First Ward Senior Center

Thursdays, 9/4/14 – 10/9/14

12:30PM – 3:00PM

Call RSVP to register at 729-9166

**Please see enclosed flier for our Veteran and Family Care Package Drive. Please consider a donation to show support and thanks for service to our recipients.
Thank you.**

Volunteer Opportunities

K – 2 Reading Volunteer

The Johnson City Primary School on 601 Columbia Drive in JC is looking for volunteers to work one - on - one with Kindergarten – 2nd Grade students. Volunteers will listen to students read to them and will also read to the students. Volunteers are needed from 9:15AM – 11:00AM and 11:30AM – 1:30PM. This is a great opportunity to encourage and help children who need some extra literacy support. The program resumes September 29th.

Four County Library System

The library on 304 Clubhouse Road in Vestal is looking for processing assistants, weekdays between 9AM and 3PM. Activities include: laminating book covers, pulling interlibrary loan materials and other projects.

Jim Mudcat Grant All-Star Golf Tournament

The Tournament is on Thursday, August 28, 2014 at The Links at Hiawatha Landing. We are in need of 10-12 volunteers. Volunteers will be stationed at various points on the course and assist with keeping play going. Some knowledge of golf is desirable, but not necessary.

“The best way to find yourself is to lose yourself in the service of others.”

Gandhi (1869-1948)

Good Morning Broome

Volunteer to make phone calls checking on the well-being of individuals who live alone and would like a friendly phone call checking on them.

Also, If you know of anyone who would like to **receive** a phone call, please refer them to RSVP, Phone: 729-9166

ACHIEVE

Activity Assistant to help with implementation of activities in the ACHIEVE Day Habilitation Program which serves adults with intellectual & developmental disabilities. Volunteer may help with such activities as: bingo cooking class, exercise group, arts and crafts, music group, personal grooming class and library. Time slot is Monday-Friday from 9:30-2:00pm parking on site. Work site is located at 125 Cutler Pond Road, Binghamton, NY.

YOU! Mentor Partnership

Youth Opportunities Unlimited
Volunteers work one – to – one with youth aged 9 – 17, with identified at risk behavior and academic performance issues. Matches must last a minimum of one year. Volunteers are expected to spend about two hours per week with their young partners to develop a positive relationship with an emphasis on decreasing at risk behaviors and increasing academic performance.