



## *The RSVP Gazette*

### *Retired & Senior Volunteer Program of Broome County*

#### *Live Life Passionately... Volunteer*

#### **A MESSAGE FROM THE RSVP DIRECTOR**

Enlisting the time and talents of individuals aged 55+ is the mission of RSVP. As I approach my ten year anniversary working for RSVP and Catholic Charities of Broome County, I am more excited than ever about the service that all our wonderful volunteers provide in Broome County.

The Corporation for National & Community Services (CNCS) has studied the health benefits of volunteering in older adults. CNCS volunteers meet a wide range of community needs and in addition to providing valuable services to individuals and communities, older volunteers are also living active lives through volunteering. Research shows an association between volunteering and mental and physical health benefits. Older volunteers have lower mortality rates, lower rates of depression, fewer physical limitations and report higher levels of well-being. (National Service.gov)

Your service delivering meals to area seniors, helping clients at food pantries, providing telephone reassurance to the isolated and homebound, leading Bonesaver exercise and Tai Chi for Arthritis classes, wrapping gifts for residents in nursing homes, running thrift stores, and all of your service activities, are truly inspirational. It's an honor to know and work with you.

*Thank you,*

*Deb Kerins*

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# **Volunteer Opportunities**

## **Bonesaver Exercise Leader**

Become a Bonesaver volunteer! Learn the one hour gentle exercise routine done with light weight hand and ankle weights. In addition to strengthening muscles and bones, participants report an increase in energy and stamina, weight control, mood, sleep and improved balance. Make new friends and look and feel better!

## **Faith In Action**

Volunteers are needed to assist area seniors in aging in place. Friendly visitor and rides to medical appointments are some of the opportunities available.

Volunteers are needed to grocery shop for homebound individuals.

## **Foster Grandparent Program**

Volunteer 15 to 40 hours a week in a day care center, Head Start or classroom. Help children with reading, math, and social skill development. Be a mentor, friend and role model. No experience required, must be age 55 or over, no income requirement and a stipend is provided to income eligible volunteers. As a classroom volunteer you could receive a stipend of \$2.65 per hour that does not affect eligibility for other benefits, a meal each day at your volunteer site, paid time off.

## **Broome County Office for Aging, Meals on Wheels**

Deliver meals and act as a friendly visitor. Volunteers deliver a warm nourishing lunch and a fresh, cold supper to Meals on Wheels participants Monday-Friday. As volunteers deliver meals, they provide a check on each participant's well-being. Volunteers often assist a person by opening containers or putting cold food in the refrigerator.

*Contact RSVP to learn more/sign up for these and other opportunities.*

*We work with you to find the volunteer opportunity best suited to your needs.*

*Volunteer regularly, seasonally, or for special events. We work with you around your schedule.*

**National Volunteer Week      April 15 – 21, 2018**

**Retired & Senior Volunteer Program**

Wishes to thank all of our volunteers!

*You inspire us everyday*





## **National Service Recognition Day    April 3, 2018**

On National Service Recognition Day, thousands of local leaders take time to honor AmeriCorps members and Senior Corps volunteers by participating in recognition events, issuing official proclamations, and taking to social media in a nationwide show of appreciation. The sixth-annual National Service Recognition Day will take place on Tuesday, April 3, 2018. This initiative is led by the Corporation for National and Community Service (CNCS), the National League of Cities, the National Association of Counties, and Cities of Service. Mayors and city leaders, county officials, and tribal leaders across the country are using national service more and more to solve their community's toughest challenges. CNCS, America's leader in volunteering and service efforts, engages over 325,000 AmeriCorps members and Senior Corps volunteers in national service at more than 50,000 locations each year. Through partnerships with schools, faith-based groups, non-profits, and local agencies, national service members are embedded within the communities they serve, using their ingenuity and training to make a tangible, lasting impact. Whether responding to natural disasters, tackling the opioid epidemic, educating students for the 21st century workforce, or supporting veterans and military families, AmeriCorps members and Senior Corps volunteers help local leaders make their communities stronger.

## **Broome County**

### **National Service Recognition on March 29, 2018.**

Broome County Executive Jason Garnar issued a proclamation that recognizes all Broome County, Corporation for National and Community Service (CNCS) Programs, their dedicated volunteers, and their sponsor organizations.

### ***Congratulations to:***

**Foster Grandparent Program – Broome County Office for Aging**

**Senior Companion Program – Office for People with Disabilities**

**Retired & Senior Volunteer Program – Catholic Charities of Broome County**

**AmeriCorps/Vista – Rural Health Network**





**RSVP Volunteer Maggie Scherer, Gifts for Goldens Project Coordinator**, (pictured on the right) with community partners Karyn Palmer with Fidelis Insurance and Tom Barney with I Heart Media. Thank you to all RSVP Volunteers who wrapped over 1,200 gifts for seniors in area nursing homes, for the holidays. You brightened up the holidays!

## **ADVISORY COUNCIL**

*Thank you to our Advisory Council*

*Elaine Columbus, Vikki Collazo, Amy Fleming, Sheriff Harder, Les Howard, Diane Kunzman, Rebecca Morales, Sandra Ruminski, Maggie Scherer, Lisa Weiss*

# SAVE THE DATE

***The Professional Education Committee of the  
Family Violence Prevention Council is  
presenting a  
LGBTQ Family Violence Issues with Older Adults***

This training will focus on the unique issues faced by LGBTQ individuals as they grow older, including those that present as they need more assistance with their daily living needs.

Wednesday, June 13<sup>th</sup> 2018  
Broome County Public Library  
185 Court St., Binghamton

**FREE**

1:00 - 5:00 p.m.

(snack included)

**Speakers:**

Tom Weber Elif Sendur & Maura Bainbridge Rebecca Bradley

Director of Care Management Program Coordinator/Health Instructor NYS Region 11 Senior Ombudsman  
Coordinator

This program is brought to you by the Broome County Family Violence Prevention  
Council

[www.gobroomecounty.com/fvpc](http://www.gobroomecounty.com/fvpc)



RSVP is one of the largest volunteer networks in the nation for people 55 and over. You can use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer activities within your community.

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### **RSVP of Broome County**

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### **RSVP is sponsored by Catholic Charities of Broome County**

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