



The RSVP Gazette – Summer 2022

Retired & Senior Volunteer Program of Broome County



Those who bring sunshine to the lives of others cannot keep it from themselves.

– James Matthew Barrie

Live Life Passionately... Volunteer

AmeriCorps is an independent, federal grant-making government agency whose mission is to improve lives, strengthen communities, and foster civic participation through service and volunteering.



Tai Chi for Arthritis (TCA)



Tai Chi for Arthritis (TCA) class at the Southern Tier Community Center

Thank you to volunteers Donna and Diana for teaching TCA

Next TCA class begins 7/11/22 – 8/29/22

Mondays and Fridays from 10:00AM – 11:00AM

To register, or for more information/questions contact

Donna at 607-785-4747 or email at frye.donna@rocketmail.com

Volunteer Opportunities

Food Pantry Volunteers

Volunteers assist clients at the food pantries, located in Binghamton and Endicott. Volunteers work with clients and stock shelves. Additional volunteers unload trucks.

Bone Builder Exercise Leader

Train and lead strength training exercise classes in your community

Mentor Now Program

City of Binghamton Schools. Mentor a child virtually each week for the school year. Call for more information.

Good Afternoon Broome (GAB) Telephone Social Connections Caller

Become a friendly caller and make new friends. Serve by combating social isolation, helping older adults to keep socially connected.

Faith in Action Program at the Council of Churches

- *Administrative*: help with answering phones, making calls, scheduling appointments, mailings, paperwork, data entry and emails.
- *Drivers*: provide transportation to senior citizen for medical appointments, grocery store and errands.
- *Grocery Shopper*: shop for a senior and put groceries away.
- *Friendly visitor*: spend time with a senior in their home visiting.

Willow Point Nursing Home

Gift Shop volunteers needed to assist customers and help in the gift shop.

Choose days and times that fit your schedule:

Monday – Friday, 10:00AM – 12:00PM; 2:00PM – 4:00PM

Good Morning Broome Telephone Reassurance Program

Call participants to provide a friendly wellness check. Call RSVP for information.

There are many volunteer opportunities at area Senior Centers

First Ward Senior Center

Volunteers help with lunch service and clean up in the kitchen. Volunteers also take lunch reservations by phone.

Broome County Office for Aging, Meals on Wheels

Deliver meals and act as a friendly visitor. Volunteers deliver nourishing meals to Meals on Wheels participants Monday-Friday. As volunteers deliver meals, they provide a check on each participant's well-being.

Broome County Office for Aging, Yesteryears Program

Activity Leaders for social adult day programs in Endwell or Binghamton.

Volunteer weekday mornings 9:30AM – 11:30AM, afternoons 1:00PM – 3:00PM.

Work around your schedule - volunteers serve one or more days a week/month.

Assist with games and conversations.

Broome County Office for Aging, Senior Centers

Explore the volunteer opportunities at your area senior center. Volunteer for meal service support and also in the office. Call for information!

Broome County Office for Aging, Senior Newspaper Assembly

One day per month for approximately 2 hours in the afternoon. Time of day is flexible. The specific volunteer day each month will be during the last week of the month, once newspapers are delivered from the printer.

Walk With Ease

Lead WWE sessions. Classes are 3 X's per week for 6 weeks. The class last for about an hour.

For additional volunteer opportunities – call for information!

Live Life Passionately... Volunteer

9/11 Day of Service and Remembrance


September 11, 2022

September 11th is Patriot Day and a National Day of Service and Remembrance.

On this day Americans across the country are called to volunteer in their local communities in tribute to the individuals lost and injured in the attacks, first responders, and the many who have risen in service to defend freedom.



**Honor.
Serve.
Unite.**



**This #911Day honor those
we lost by doing an act of
service for your community.**

In honor of the 9/11 Day of Service and Remembrance RSVP will be collecting unused greeting cards to fill out and send to members of our elderly community in Broome County, spreading a message of hope and cheer.

If you have unused cards you would like to donate please drop off your cards at:

Catholic Charities
Attn: RSVP
232 Main St., Binghamton NY 13905

Would you like to volunteer to send those special messages to others in our community, making a difference in their day?

Call the RSVP office at (607) 729-9166

Good Afternoon Broome

*Let's **GAB** !*

Social Connection Telephone Program for Older Adults



Sponsored by: The Retired & Senior Volunteer Program (RSVP)

Call RSVP for information/registration at: (607) 729-9166

Would you like a phone friend to talk with once or twice a week?

The GAB program offers companionship during this unprecedented time. Healthy Aging includes being connected to others and reducing social isolation.

Would you like to be a telephone volunteer from your home?

Join RSVP and be rewarded by connecting to participants and making new friends.

Make giving back your second act!



NY Connects is a trusted resource that provides free information and assistance on long term care, administered locally through a partnership between the Area Agency on Aging and the Local Department of Social Services. NY Connects is part of a national movement establishing Aging and Disability Resource Centers in each state to assist in long term care reform.

NY Connects

Your Link to Long Term Services and Supports
Of Broome County
(800) 342-9871 or (607) 778-2278

Broome County Office for Aging Senior Resource Line

Connects people to community services and programs.

Call the **Senior Resource Line at (607) 778-2411**
Weekdays from 8:30am – 5:00pm

Website: www.gobroomecounty.com/senior

*****Check out the monthly Senior News*****

Elder Abuse Awareness

The U.S. Census Bureau, shows that 17.5 % of the population in Broome County is 65 years of age or older. As adults age, they can become more vulnerable to being taken advantage of, abused or mistreated, neglected or the victim of financial exploitation. Financial exploitation is the fastest growing form of mistreatment of older adults in New York State. Often the perpetrator of the exploitation is a family member.

Are you or do you know someone who is:

- Being taken advantage of financially
- Afraid of someone in their home or family
- Unable to get needed food, clothing, medications they need or money
- Bruised or injured
- Isolated
- Not allowed to use the phone or contact whomever they choose
- Seems afraid to speak out
- Threatened or humiliated by someone close to them
- Being pushed, hit or slapped

These are just some examples of a person who maybe being victimized or exploited. If you would like to find out more about abuse of older adults or would like to share some concerns you may have about an older adult, call the Broome County Office Aging at 607-778-2411.

This information is brought to you by the Broome County Family Violence Prevention Council's Elder Abuse Prevention Committee.

Knowledge is Power!



RSVP of Broome County

232 Main Street Binghamton, NY 13905

Phone: (607) 729-9166, Fax: (607) 584-4667

RSVP is sponsored by Catholic Charities of Broome County

Project Director: Debra Kerins Email: dkerins@ccbc.net

Volunteer Coordinator: Gloria McAndrew Email: GMcAndrew@ccbc.net

