



**AmeriCorps
Seniors**

The RSVP Gazette

Retired & Senior Volunteer Program of Broome County

Live Life Passionately... Volunteer



One kind word can warm three winter months.

~ Japanese Proverb

RSVP of Broome County

232 Main Street Binghamton, NY 13905

Phone: 607-729-9166

E mail: dkerins@ccbc.net or GMcAndrew@ccbc.net



AmeriCorps Seniors

AmeriCorps, a federal agency, brings people together to tackle the country's most pressing challenges, through national service and volunteering. AmeriCorps members and AmeriCorps Seniors volunteers serve with organizations dedicated to the improvement of communities. AmeriCorps helps make service to others a cornerstone of our national culture. Learn more at AmeriCorps.gov.

The Retired Senior Volunteer Program (RSVP) is the largest older adult volunteer program in the nation. RSVP recruits, trains, and places older adult volunteers (age 55+) in a host of community-based human service agencies. Service opportunities are as diverse as the communities in which volunteers serve and include areas such as health promotion and wellness; assistance to frail and vulnerable older adults through home-delivered meals as well as cross-generational efforts in tutoring and mentoring children. RSVP volunteers choose how, where, and how they want to serve, with commitments ranging from a few hours to 40 hours per week.

Thank you to our Advisory Council

We appreciate you!



If you would like to join our RSVP Advisory Council beginning 2023, please call the RSVP office at 729 – 9166 and ask to speak to Gloria or Deb. The RSVP Advisory Council meets 5 times per year, to support the RSVP Program.

Make Giving Back your Second Act!

RSVP of Broome County 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

Mentor a child virtually each week for the school year. Call for more information.

Good Morning Broome & Good Afternoon Broome (GAB)

Telephone Social Connections Caller

Become a friendly caller and make new friends. Serve others by helping to combat social isolation in older adults, keeping them socially connected.

Faith in Action Program at the Council of Churches

Many opportunities including; administration/clerical, drivers, grocery shopper, friendly visitor. Contact RSVP to find out more about these volunteer jobs.

Willow Point Nursing Home

Gift Shop volunteers needed to assist customers and help in the gift shop. Choose what fits your schedule: Weekdays 10 AM – 12PM; 2PM – 4PM.

Broome County Office for Aging

Many opportunities including; lunch service and reservations, Meals on Wheels, activity leaders for social adult day programs, senior newspaper assembly.

American Red Cross

Many opportunities and locations for blood drives support, organizing and packing snack totes, other volunteer jobs available. Call RSVP to learn more!

Call RSVP at 607-729-9166 for more volunteer opportunities!

Live Life Passionately... Volunteer

Not ready to volunteer but in need of more social connections?

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

[RSVP Volunteers can help](#)



Good Morning Broome and **Good Afternoon Broome** are free telephone reassurance programs for elderly and disabled adult, Broome County residents, who live alone. The participant receives a call Monday thru Friday, morning or afternoon from a trained RSVP volunteer. Participants must be a resident of Broome County, an older adult living alone and agree to receive a daily phone call.

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



*Let's **GAB** !*

Volunteer for Good Morning Broome and Good Afternoon Broome!

Call participants to provide a friendly wellness check.
Call Deb or Gloria for more information at 607-729-9166.

RSVP Volunteers also lead Tai Chi for Arthritis Classes

Join in today! Our next class will be starting soon!

What is Tai Chi?

Tai Chi is a gentle form of exercise that can help you to maintain

strength, flexibility, and balance. Tai Chi is slow and gentle, addressing the key components of fitness: muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning.



Tai Chi for Arthritis (TCA)

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

Thank you to volunteers Donna, Diana and Julie for teaching **TCA**

Next TCA class begins 1/23/23 – 3/17/23

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



The Martin Luther King, Jr., National Day of Service is a defining moment each year when Americans across the country step up to make communities more equitable and take action to create the Beloved Community of Dr. King's dream. While Dr. King believed the Beloved Community was possible, he acknowledged and fought for systemic change. His example is our call to action.

MLK Day is the only federal holiday designated as a National Day of Service to encourage all Americans to volunteer to improve their communities. During the last quarter-century, the MLK Day of Service has grown, and its impact increased as more Americans embraced the idea that citizenship involves taking an active role in improving communities.

On Monday, Jan. 16, and the days surrounding, AmeriCorps invites you to volunteer. Call RSVP at 607-729-9166 for volunteer opportunities.

