



*The RSVP Gazette –summer 2023*

*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

**Summer Session: Mon. July 10 - Mon. Aug. 28**

**Fall Session: Mon. Sept. 11 - Fri. Nov 3**

**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](mailto: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 weekly for the school year.

### **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**

Many opportunities: administration, driving, shopping, friendly 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.

### **Clothing Room Volunteer- First Presbyterian Church of JC**

Duties include sorting and hanging clothing donations, organizing clothes

**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.

***For additional volunteer opportunities – call for information!***

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

**Good A**fternoon **B**roome

*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    (607) 778 – 2278**

### **Broome County Office for Aging Senior Resource Line**

Connects people to community services and programs.

Call the **Senior Resource Line** at **778 – 2411**

Weekdays from 8:30am – 5:00pm

Website: [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)

Check out the monthly Senior News!

**Need Help? Dial 2-1-1**



***Real People  
Real Answers  
Real Help***

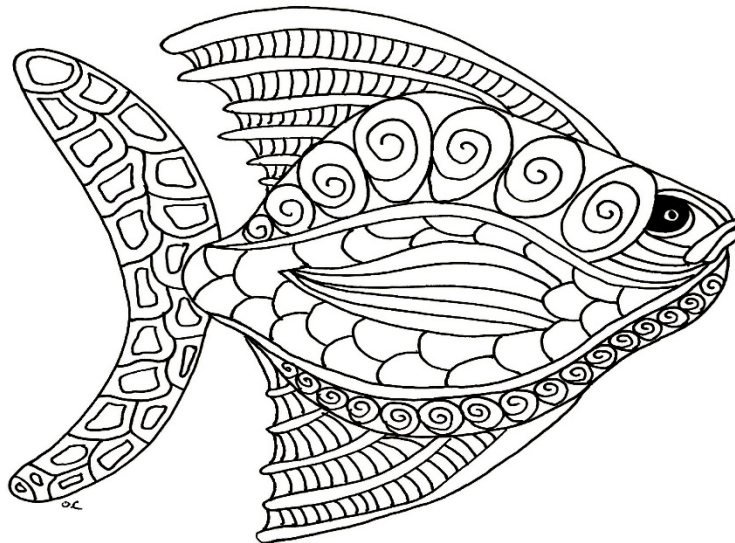
Or dial: 1 -800-901-2180

[www.helpme211.org](http://www.helpme211.org)

*Susquehanna River Region  
Get Connect. Get Answers.*

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Coloring fun



## 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**

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