



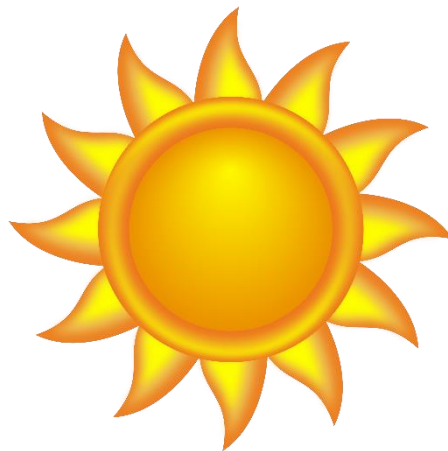
The RSVP Gazette

Retired & Senior Volunteer Program of Broome County

Live Life Passionately... Volunteer

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

– James Matthew Barrie



Summertime, and the living is easy

- William Faulkner



In September 2020, the federal agency responsible for AmeriCorps and Senior Corps programs, the Corporation for National and Community Service officially became 'AmeriCorps' in the first major update to the agency's identity in a quarter century. As part of this rebranding initiative, all national service programs are united under a unified AmeriCorps identity and promoted under the AmeriCorps or AmeriCorps Seniors banner. This effort streamlines opportunities to serve for all Americans, at a time when their help is needed most.

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](https://www.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.

RSVP of Broome County

232 Main Street Binghamton, NY 13905

Phone: 607-729-9166 E mail: dkerins@ccbc.net or GMcAndrew@ccbc.net

Live Life Passionately... Volunteer



Tai Chi for Health

website: taichiforhealthinstitute.org for more information and to sign up for their newsletter

Tai chi has been proven by medical science to improve immunity and reduce stress and improve virtually all aspects of health.



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

Congratulations to the group for completing the 8 week session

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



Good Morning Broome Telephone Reassurance Program

Good Morning Broome is a telephone reassurance program for elderly Broome County residents who live alone. The participant receives a call Monday thru Friday, between 8:00 am and 10:00 am from a trained RSVP volunteer. Good Morning Broome is a free service provided by the Retired & Senior Volunteer Program. Participants must be a resident of Broome County, an older adult living alone and agree to receive a daily phone call.

For more information call RSVP at 729-9166 and ask for Gloria.

Make giving back your second act!

Volunteer Opportunities

Food Pantry Volunteers

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

Red Cross

Volunteers are needed as Schedulers, Blood Drivers and as Canteen Volunteers. Opportunities are flexible. Other volunteer jobs are available as well. Contact RSVP to connect with these opportunities.

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.

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.

Broome County Office for Aging, Yesteryears Program

Activity Leaders for social adult day programs in Endwell or Binghamton. Volunteers are needed weekday mornings 9:30AM – 11:30AM, afternoons 1:00PM – 3:00PM. Work around your schedule - volunteers can serve one or more days a week/month. Assist with games and conversations.

Broome County Office for Aging, Senior Centers

The senior centers have reopened!

Explore the volunteer opportunities at your area senior center. Volunteer for meal service support and also in the office. Call RSVP today to learn more!

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.

Bone Builders at Lee Barta Center

Lead Bone Builder exercise classes at the Lee Barta Community Center, located at 108 Liberty St, Binghamton, NY 13901. Bone Builders is a one hour gentle exercise routine, done with hand held and ankle weights, for osteoporosis prevention.

Become an RSVP Trained Bone Builders Leader and get your exercise while serving the community!

Fresh Cycles Program at the Lee Barta Center

Volunteers needed for the Fresh Cycles Program. This program teaches youth and adult riders' bike safety, maintenance and repair, cycling skills, community engagement, and more. Whether you are a leisure cyclist, an avid mechanic, or motivated to learn bicycling and repair skills, you are welcome to join us in the North Side as work together to make bicycling accessible for all!

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.



Conklin Town Hall Bone Builders

Back together again

Happy 90th birthday Arlene!

Arlene has been leading the Bone Builders group for 15 years! The group meets three times a week to exercise.

The chicken says happy birthday too!

He squawks for any mistakes in counting or ball throwing!

Good Afternoon **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

RSVP ADVISORY COUNCIL

Thank you to our Advisory Council



Elaine Columbus, Vikki Collazo, Amy Fleming, Sheriff Harder, Diane Kunzman, Rebecca Morales, Karyn Palmer, Mary Roma, Deb Stuart, Alycia Kimmel, Jacqueline Sykas

If you would like to join our RSVP Advisory Council beginning 2020, 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.

Retired & Senior Volunteer Program

Wishes to thank all of our volunteers!

You inspire us everyday





Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, we promote the ways we are connected and strong.

On May 18th RSVP attend Senior Appreciation Day at the Ross Park Zoo, hosted by Humana. It was a beautiful spring day with plenty of sunshine to enjoy the zoo.

RSVP connects organizations and older adult volunteers to benefit the community and the individual. Get involved in RSVP today!



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 – 227

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

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.firstcallforhelp.info

Susquehanna River Region

Get Connect. Get Answers.

Elder Abuse Awareness Day - June 15th

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

TRANSPORTATION: Seniors and caregivers can get answers to transportation questions, assistance with travel planning and group or individual travel training. Call the toll-free **Get There Call Center** to reach staff that is well versed in the area's transportation options - 1-855-373-4040.

New Yorkers can call the **COVID-19 Emotional Support Hotline** at 1-844-863-9314 for mental health counseling.

Action for Older Persons: 607-722-1251

website: <https://actionforolderpersons.org/contact/>

Sign up for email Coronavirus updates from NY Governor Cuomo <https://now.ny.gov/page/s/coronavirus-updates>

Crisis Hotlines/Helplines

- Crime Victims Assistance Center (CVAC) Hotline - 607-722-4256
- *Domestic Violence through RISE - 607-754-4340 or 877-754-4340
 - *MHASt Peer Support Warm Line - 607-240-7291
 - Suicide Prevention Life Line - 800-273-8255
 - Veterans Crisis Line - 800-272-8255 & Press 1
- Catholic Charities Food Pantries – 607-729-9166

“Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love”

– Martin Luther King, Jr



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

