



The RSVP Gazette

Retired & Senior Volunteer Program of Broome County

Live Life Passionately... Volunteer



"One kind word can warm three winter months."

--Japanese Proverb



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.

RSVP of Broome County

232 Main Street Binghamton, NY 13905

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

Make Giving Back your Second Act!



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 1/10/22 – 3/4/22

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



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.

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.

For additional volunteer opportunities – call for information!

Live Life Passionately... Volunteer

Explore the benefits of serving as an AmeriCorps Seniors volunteer



Health & wellness

AmeriCorps Seniors volunteers experience decreased anxiety, depression, and loneliness. 84% of volunteer report stable or improving health after one year of service.



Community

Connect with others and be part of something bigger. 88% of volunteers who felt a lack of companionship reported fewer feelings of isolation after becoming an AmeriCorps Seniors volunteer.



New skills

AmeriCorps Seniors volunteers often tap their wealth of experience and wisdom and channel it in new directions.



Insurance

Volunteers receive supplemental accident and liability insurance while in service.

September 2021 RSVP Volunter Recognition



It was a beautiful day to say hello and pass out delicious cookies we ordered from Chroma Bakery!



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 A Afternoon B 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.

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





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

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

RESOURCES

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

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

The Martin Luther King Jr. Day of Service is a defining moment each year when Americans across the country step up to make our communities more equitable and take action to build 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.

Observed each year on the third Monday in January, MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities. AmeriCorps has been charged with leading this effort for the past quarter century.

Making time to volunteer for MLK Day of Service is a great way to engage with your community while honoring the legacy of Dr. King. Whether you plan on cleaning up a public space, mentoring a young person, or assisting those who are food insecure, what you do makes a world of difference.

This year for MLK Day RSVP encourages you to reach out to your neighbors and share the RSVP Program with them. There are many volunteer opportunities that make a difference in our community. Call RSVP today!



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: gmccandrew@ccbc.net

