



RSVP QUARTERLY NEWSLETTER

Winter 2017



THANK YOU RSVP VOLUNTEERS!

290 RSVP volunteers reported serving 44,932 hours at area nonprofits in Washtenaw County during 2016. At the current Independent Sector rated value of a volunteer's time, that equates to \$1,057,891 invested by RSVP volunteers! Congratulations!

RSVP VOLUNTEER RECOGNITION LUNCHEON IT'S ALL ABOUT YOU!



Every year, RSVP celebrates our volunteers by hosting a Volunteer Recognition Luncheon. This year, approximately 135 volunteers and guests enjoyed a tasty lunch, catered by Angel Food Catering, followed by a raffle. A record 52 community businesses, organizations and individuals donated items for the raffle, indicating the tremendous support and appreciation for the seniors who serve through RSVP. David Garvin, Interim President and Chief Operating Officer of Catholic Social Services of Washtenaw County, was at



the luncheon to honor RSVP volunteers and to express his appreciation for the service work that they do. Seven of our volunteers, one from each decade of age, were honored for the number of hours they served during a one year period.

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Robert & Joyce Freysinger

Between July 1, 2015 and June 30, 2016:

- 303 volunteers provided 51,431 hours of service, equating to 5.8 years of volunteered time
- \$1.2 million dollars worth of time was invested back into the community by senior volunteers
- Supported 1,147 tax clients
- Assisted 687 MMAP clients
- 328 people were provided food through Meals on Wheels programs
- Food pantries provided food for 20,847 people
- 195 clients were provided respite services
- 2 area thrift shops saved 225 tons of material from going to the landfill
- 4,576 veterans were helped



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Joe McCadden

Honorees Included:

RSVP Volunteer with the Most Services Hours

Joseph McCadden, CSSW Tax Assistance Program with 1,726 hours

Quinquagenarian (50s) RSVP with the Most Service Hours

Paulette Conn, House by the Side of the Road with 250 hours

Sexagenarian (60s) RSVP with the Most Service Hours

Robert Freysinger, Chelsea Community Hospital with 1040 hours

Septuagenarian (70s) RSVP with the Most Service Hours

Flossie Robinson, House by the Side of the Road with 1,214 hours

Octogenarian (80s) RSVP with the Most Service Hours

Ellis Bentley, Veterans Affairs Ann Arbor Health System with 684 hours

Nonagenarian (90s) RSVP with the Most Service Hours

Virginia Brown, Ypsilanti Historical Museum with 238 hours

Centenarian (100s) RSVP with the Most Service Hours

Donna Hewitt, Ypsilanti Senior Center "Music Makers" with 128 hours



Flossie Robinson



Donna Hewitt

A Special Thank You to Our Donors for Making This Event Such a Success:

Alia and Edwina Sanders · Ann Arbor Symphony Orchestra · Arab American National Museum · Aubree's · Auto Zone · Barry Bagels · Bavarian Inn Lodge · Bead Gallery · Bed Bath and Beyond · Belle Tire · Bumble's · Carol Roeda Studio · Charles H. Wright Museum of African American History · Chelsea Milling Company · Coldstone Creamery · Collected Works · Common Grill · CJC Cruises/Detroit Princess Riverboat · Domino's Farms: Our Lady of Grace Bookstore, Encore Theater Dexter, Glacier Hills, The Henry Ford, Hampton Inn of Victor's Way, Happy House Hallmark · Hillside Terrace · Holiday Inn · Lincoln Golden Ages Seniors · Linda Klimach · Mac's Acadian Seafood · Matthaei Botanical Gardens · Michigan Science Center · Michigan Theater · Monica Prince · Morgan and York · Norton's Flowers and Gifts · Pet Emporium · Pets n' Things · Planet Rock · Potbelly's · Purple Rose Theatre Co. · Quality 16 Movie Theater · Sweet Gem Confections · The Ark · The Potting Shed · Toledo Zoo · Washtenaw Community College - The Health and Fitness Center · Weber's Inn · Yankee Air Museum · Zippy Auto Wash



PRESIDENT OBAMA

In September 2016, RSVP marked its 40th anniversary. In honor of the service of more than 350,000 Senior Corps volunteers nationwide, President Obama sent a letter commending RSVP volunteers.

We share that letter with you:

THE WHITE HOUSE
WASHINGTON

August 26, 2016

America is what it is because we built it together. With collective effort and in common purpose, generations have endeavored to enrich their communities and our country, adding their voices to a tradition of civic engagement that has guided us since our Nation's founding. The America we know today was shaped by the contributions of people of all ages and from a multitude of origins, and we are joined together by a belief in the enduring power of our country's promise.

As Senior Corps volunteers, you have helped carry forward this legacy and set a powerful example of service – one that can have a tremendous impact on the lives of those around you and inspire others to step forward to serve. In your dedication, we see the spirit of shared purpose – the understanding that we are all bound to one another – that is at the core of our national character.

As you gather from across our country to reflect on the difference you are making, know you have the deep appreciation of a proud and grateful president.

A handwritten signature in black ink, appearing to be Barack Obama's signature.



HIDDEN HEALTH PERKS FOR SENIORS WHO HELP OTHERS

**Want to get out in your community and help?
Volunteering to assist others can benefit you, too.**

By Elizabeth Shimer Bowers

Medically Reviewed by Pat F. Bass, III, MD, MPH

*www.everydayhealth.com/news/hidden-health-perks-seniors-who-help-others/
(Retrieved on 12/1/16)*

Volunteer for Your Health

There is a sure way to boost your physical and mental health, and it involves helping others. It's volunteering, and it is not only good for the people you help, but for you, as well — especially if you're a senior.

The health benefits of volunteering are plenty, says John Verheul, MD, MPH, a primary care physician in Richmond, Virginia, who specializes in geriatrics. "It keeps your brain and body active, contributing to continued cognitive health," he says. Physically, volunteering in older age gets you out and moving around, "and maintaining a healthy level of physical fitness as we age helps ward off disease, injury, and even dementia," Dr. Verheul says.

Volunteering can also take you out of your comfort zone and prevent isolation and depression. "It nurtures a sense of purpose and a feeling of accomplishment," Verheul says. "Such socialization helps people stop internalizing and takes their mind off their own issues. They become part of a group and feel like they are contributing in a meaningful way."

*"The best way to
find yourself is
to lose yourself
in the service of
others."*

Mahatma Gandhi

Finding Your Volunteer Match

There is a universe of nonprofit organizations that thrive on volunteer help. "The key with any organization is to match what they offer with what the older volunteer may wish to do," says Colin Milner, CEO of the International Council on Active Aging. "You want to find an organization that is not only good to volunteer for, but that can also offer you the kind of experience you're seeking."

To make sure that you get that rewarding experience, identify activities that you love to do. For instance, if you enjoy spending time behind a camera, or have an appreciation for photography, you could volunteer to help out at a photo studio, Milner suggests. Here are a few volunteering suggestions based on possible interests:

If You Love Animals:

Local animal shelters, pet rescue centers, and humane societies always need volunteers. "Or, if you have the time and space, consider acting as a 'foster' for a dog or cat who needs a temporary home while they find a permanent one," Verheul suggests.



If You Love the Outdoors:

"You could act as a tour guide for people coming into your city, especially if you have a passion for meeting people," Milner says. "Or, if you enjoy gardening, you can offer your services to local parks, forest services, or your local gardening store."

If You Love Sports:
"There are a number of ways you can get involved in sports," says Milner. "You could work at a sport and recreation organization or with a team, doing anything from being the water boy to coaching to tearing tickets. You might also consider being a volunteer driver, umpire, referee, announcer, or mascot," he suggests. "You could also sell hot dogs or programs in the stands, or even report on sporting events for the local media."

*"We rise by
lifting others."
Robert Ingersoll*

If You Love Education:

"There are foster grandparent programs where people come in and do reading and literacy programs in schools and libraries," says Debra Greenberg, PhD, a social worker in the division of geriatrics at Montefiore Medical Center in the University Hospital for Albert Einstein College of Medicine in New York City. "There's also a wonderful program called University Without Walls, where older people teach some of the classes in colleges and

universities. And, of course, the public libraries can always use volunteers."

If You Love Travel:

Dr. Greenberg suggests checking out Road Scholar, a not-for-profit travel organization. "I know someone who got involved and chose to do birding in Hawaii, for example," she says.

If you want to help people, there are endless ways you can help people in need in your community. Consider:

- Your local hospital. "The children's wing of a hospital relies on volunteers to help tutor, host story time, and monitor playrooms and playtime," Verheul says.
- Food pantries. "Food pantries and soup kitchens can always use a helping hand organizing a local food drive, raising money, or handing out hot meals to those in need," he says.
- Organizations like Big Brothers, Big Sisters. "These organizations give adult volunteers the chance to build long-lasting, one-on-one relationships with children who need caring adults in their lives," Verheul says.

Once you have identified an activity that you would enjoy, a good starting point for identifying volunteer opportunities is an organization called the Retired Senior Volunteer Program. "RSVP matches seniors with a broad list of organizations," Greenberg says.

Know, too, that volunteer options are available for those with health problems or limited mobility — just "understand your limitations or challenges," Milner says. If you have urinary incontinence, for instance, you might not want to referee a sport that requires you to be on the field at all times. "Most chronic health problems — such as diabetes, high blood pressure, depression, osteoporosis, etc. — do not preclude participating in an event," he says. "Just know what you are comfortable doing and request these kinds of activities."



HELP US SPREAD THE WORD ABOUT TOOL TIME TUESDAY!

Catholic Social Services of Washtenaw County's Home Services and the RSVP programs are teaming up to create a year-round, on-call volunteer program called, "Tool Time Tuesday". Tool Time Tuesday is an evidence based, recognized state-wide, and successful volunteer model. This program will help reduce our wait list and help us serve more seniors.

Through the Home Services (the Home Injury Prevention program and the Home Repair and Maintenance program), volunteers can help prevent accidents by providing home maintenance assistance, enabling seniors to remain independent and in their own homes longer. With CSS's fifty years of experience and RSVP's long and successful history of recruiting, matching and retaining volunteers makes for an exciting collaboration!

Volunteers can work individually or in groups of two. Each Tuesday, volunteers will be matched with elderly residents that need help with a home repair or home maintenance project. CSSW will provide oversight, training, parts/equipment, and even the morning java needed to get the job done! Volunteers will need their own transportation, tools, and will need to clear a driver's license and criminal background check. The day will begin with a brief meeting at our office on Tuesday mornings to get assignments for the day

Benefits

- Opportunity to make a positive impact on the health and well-being of older adults
- Free supplemental excess liability insurance while performing tasks for people over 55 and better
- Opportunity to meet new people

Next Steps:

1. Complete our application
2. Tell us about your interests and experiences
3. Find out the needs of CSSW Tool Time Tuesday consumers
4. Ask about flexibility and opportunities for learning, growth and fellowship
5. Set aside time to serve from the heart!
6. Call (734) 712-4325

SILVER SOLUTION NETWORK

There is a new organization in Chelsea, and RSVP would like you to know about it!

Silver Solution Network is about helping retirees find a need and fill it, find a purpose and identify meaningful service and/or work after retirement. As an RSVP volunteer, your service through Silver Solution Network will matter!

To learn about service options, Round Table discussions will be held to bring organization and interested volunteers together.

The first Round Table discussion will be held from 1 to 3 p.m., Feb. 20 at the Chelsea Senior Center. To make a reservation, call (734) 475-9242.

Chelsea Senior Center, Faith In Action and St. Joseph Mercy Health System representatives will be there to talk about volunteer opportunities.

Please call at your earliest convenience to reserve a spot to learn about opportunities and make connections with these important Chelsea organizations.



CURRENT VOLUNTEER OPPORTUNITIES THROUGH RSVP

Meals on Wheels Programs (Ann Arbor, Chelsea, Dexter)

Meal Delivery

Drivers are needed to deliver meals to home bound older adults. Volunteers use their own vehicles, taking 1-2 hours to complete a route. Volunteers choose the day (Monday-Saturday) and frequency (weekly, bi-weekly, monthly, other) for volunteering. Volunteers can deliver alone or work with a partner/buddy.

Ann Arbor Veterans Affairs Hospital

Friendly Visiting

Spend quality time with Veterans who do not have friends/family to visit them during their hospital stay.

Van Drivers

Help drive outpatients receiving chemotherapy, dialysis, radiation therapy, and other outpatient appointments. To fill this role, you must have a current driver's license, automobile insurance, and pass a physical examination.

Information Desk Volunteer

Assist patients and visitors with information and clinic locations.

Golf Cart Drivers

Assist in transporting patients and visitors to various clinic locations throughout the medical center.

Office Assistant

Provide assistance in medical or administrative offices located throughout the medical center and at Community-based Outpatient Clinics. Duties include filing, answering telephones, and greeting and directing patients.

Interfaith Volunteer Caregiver Program (IVCP)

Respite Care

Volunteers are needed to provide respite assistance for families in Washtenaw County caring full-time for home bound adults with physical or cognitive disabilities. Relieving caregivers, volunteers visit home bound seniors for 2 -4 hours per week to provide non-medical support, companionship and socialization.

Turner Resource Center

Technology Mentor

Technology savvy volunteers are needed to assist older adults in 1-2 hour sessions/week mentoring on how-to basics for smart phones, tablets, cameras, and computers.

Please contact RSVP Volunteer Coordinator, Alia Onawola, at 734-712-4325 for further details about these and other volunteer opportunities.



VOLUNTEER RECRUITMENT CONTINUES

You may have noticed that there is a copy of our new RSVP recruitment postcard in this newsletter. The postcard proudly showcases some of our very own volunteers and they were made to give to others who may benefit from volunteering. When you refer someone to volunteer with RSVP, your name will be entered into a drawing after they submit their hours for their first month of volunteering at their station.

*“We make a living
by what we get,
but we make a life
by what we give.”*

Winston Churchill



RSVP Mission

RSVP is America's largest volunteer network for people ages 55 and over.

Join RSVP

and you join over 300,000 volunteers across the country who are tackling tough issues in their communities.

RSVP of Washtenaw County assists with placing volunteers age 55 and better interested in

contributing their time and talents to serve local non-profit organizations.

To ensure a mutually beneficial experience, the program considers the skills and interests of each volunteer when arranging placements.

Member Benefits

- Opportunity to share skills & talents
- Placement assistance
- Quarterly RSVP Newsletter
- Recognition for Service
- Free supplemental accident, excess auto liability & personal liability insurance

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