



October 2007

## Hello RSVP Volunteers!

I hope that you enjoyed our annual **RSVP Appreciation Banquet** at the Hotel Colorado in June. It was a really special event and everyone complimented the program, the food, and the companionship. We appreciated remarks made by Rich Baca of John Salazar's office and John Martin of the Garfield County commissioners. Glad you were there this summer and welcome to fall and winter!

Our website is now on line. Go to [www.highcountryrsvp.org](http://www.highcountryrsvp.org) if you have internet access. We are not *quite* ready to collect volunteer hours there, but we will be soon. If you do not have internet access, we hope to have at least one volunteer in each area who does who help you with that. You can still send in your timesheets—in fact we **NEED** you to do that! Our guidelines have not changed about paper timesheets. If you want to help with volunteer time on line and you have internet access, please call me.

### Some of the MANY ways sending your in timesheets help RSVP to provide:

- Free Medicare D counseling to seniors—COUNTYWIDE
- Free tax assistance to seniors—COUNTYWIDE
- Free senior advocacy for your friends and neighbors when needed—COUNTYWIDE
- The annual Volunteer Recognition Banquet—COUNTYWIDE
- Assistance to make volunteering better for all in Garfield County - COUNTYWIDE
- Your volunteer insurance—COUNTYWIDE

There have been a lot of changes this year for RSVP, and there will be more as the year progresses. We are working with CMC to determine our direction & plan. Let us know if you have any questions or would like to help out. This is an important time for RSVP and the entirety of Senior Programs.

Check us out on the web! [www.highcountryrsvp.org](http://www.highcountryrsvp.org).

If you have an e-mail address and did not put it on your application, please let us know. We are not going to disclose your address, but do hope to ultimately be able to send our newsletter via e-mail to many of you—plus we want to let you know about new volunteer opportunities that are available.

You can just send me a test e-mail at [rsvp@coloradomtn.edu](mailto:rsvp@coloradomtn.edu) and I will put your e-mail address into your record!

### Volunteer Timesheet Help:

- Cheryl Cain—947-8462
- Lisel Thompson—947-8463
- [rsvp@coloradomtn.edu](mailto:rsvp@coloradomtn.edu)



**Volunteering  
is just what  
the doctor  
ordered...**

- Volunteering is an opportunity to participate in fulfilling activities, which **makes a difference in the lives of others.**
- Volunteers feel a sense of community which has a **positive impact on their health and overall well being.**
- Volunteering can improve self-confidence and self-esteem, which helps **reduce blood pressure and improves immune function.**
- Volunteering helps form interpersonal ties and develop social networks, which act as a **buffer against stress and illness.**
- Volunteers **live longer.** Studies report that engaging in regular volunteering increases life expectancy because social interaction improves quality of life.

**You are volunteering— GOOD for YOU!**



**YOU + VOLUNTEERING = A BETTER**





**VOLUNTEER CLASSIFIED ADS**  
 SOME SAMPLES OF VOLUNTEER NEEDS THOUGHOUT GARFIELD COUNTY—WE NEED VOLUNTEER HELP!  
 INTERESTED? CALL 947-8462 OR E-MAIL [rsvp@coloradomtn.edu](mailto:rsvp@coloradomtn.edu)



Remember—the time **you** have to volunteer may be filled, but please **spread the word** about RSVP and our volunteering services to your friends, family, and your neighbors. *They may not know that they can make a big difference!*

If they are over 55 we would love to offer them the benefits of being RSVP members and in the process, help offer not only assistance to volunteers and non-profits county-wide, but also support services that are vital to the seniors of Garfield County.

**HELP US SPREAD THE WORD!**

We seek a few volunteers who would like to help at a non-profit pre-school we partner with—do you like to read stories to little ones, or monitor their playtimes? Call us and we will connect you!

We are always looking for more Tax Assistance Volunteers—please call if you have an aptitude & interest in numbers. We will provide training in January.

Remember that just **ONE** hour can make a difference—of course, you may choose to volunteer more, but don't think that one hour is not enough!

We need volunteers to help seniors with Medicare D counseling. We will provide the training on November 19 here in Glenwood Springs. This is a vital help to seniors! If you are willing to train & comfortable on a computer, call us!

Nearly every school in our area needs tutors and reading companions for children. Let us know if you have an interest!

We need additional volunteers to dispatch the Traveler in both Glenwood Springs and Rifle. Again, training is provided—if you can help, let us know.

Help input volunteer hours on the internet! Call 947-8462

For Medicare D assistance—starting **November 20, 2007**—call **384-8744** and leave your name and phone number.

For **VITA Tax Assistance**—starting **February 11, 2008**—call **384-8740**. Leave your name, complete mailing address, telephone number, and where you would like to meet with a tax volunteer—Aspen, Carbondale, Glenwood Springs, Silt/New Castle, Rifle, or Parachute.



# MORE VOLUNTEER CLASSIFIED ADS

SOME SAMPLES OF VOLUNTEER NEEDS THOUGHOUT GARFIELD COUNTY—WE NEED VOLUNTEER HELP!

INTERESTED? CALL 947-8462 OR E-MAIL [rsvp@coloradomtn.edu](mailto:rsvp@coloradomtn.edu)

These are just a few of the volunteer opportunities we work with - let us know your volunteer interest and we can guide you, or let us know what you are already doing in your volunteer work and we will be sure that we can take advantage of the work you are already doing and make it benefit ALL Garfield County seniors.

Would you like to make a difference by mentoring a child? We work closely with several youth organizations who would love your wisdom & friendship for a special child. Call us! 947-8462

There are so many tasks needed in our hospitals. Please call if you have an interest in volunteering in a health related workstation. If you can give an hour or much more, let us know—there is an important & rewarding place for you!

We are looking for some pet foster homes thru the local pet shelter. Homes are needed for dogs & cats while they wait for their own special home. Costs will be covered by the shelter—if you would like a furry friend for a few weeks to a couple months, let us know!

We need Senior Advocates to help some seniors navigate through bureaucratic red tape to get their needs met. This is vital work—please call us. Training is provided!

Love to read?? Read to a child, an adult, help someone learn to read, get involved in storytelling to enhance a love of reading. Let us know—there are many opportunities to share your reading passion!

Can you do a few errands for someone who can't do it for themselves? An Rx, groceries? If this is you, give us a call!

Want to work to keep your community safe and have fun doing it? Call us to make a connection!

Are you the one who nurtures those ill & needing support through health care 'crisis' times? Let us find the perfect place for your cool head, warm heart & listening skills. We can connect you where you touch lives at an important crossroad.

Eat a good meal, visit with some great people, serve meals, clean up afterward—sounds like Thanksgiving doesn't it!? We can offer you yummy food & good companionship every day of the week at each of our meal sites. Carbondale to Parachute! Call us!

Ever think that it would be scary & lonely to no longer be able to leave your home easily? Could you be the one who makes a connection with a homebound person & check on them, offering friendship & support? If so, we have the program for you—plus we need someone really special to administrate it. Let us hook you up! Call RSVP.

Are you a fund raising dynamo? We have a mission for you if you are willing to accept it!

Interested in improving the lives of women and children affected by domestic violence? You are **needed** by Advocate Safehouse - Training is provided. Join and make a HUGE difference!

None of these appeal to you? Then let us know what **does** appeal & we will work with you on that. We are here to help each person who wants to volunteer find the *right match* for their special interests and skills.

**Did you know?**—you can donate a portion of your City Market purchases to RSVP. We would need your City Market Value Card number & your signature to do that. It is an easy way to support our countywide non-profit. We rely on grants & donations to make our program work. Call us at 947-8462. Thanks!