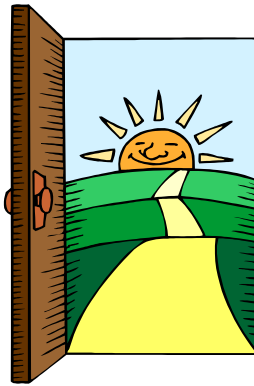


## WHY BE A RSVP VOLUNTEER?

Some RSVP volunteers are still working, yet make time for volunteering in their community because sharing of themselves is important to them.

Others get involved because they feel a lack of productivity when they no longer have regular work or a schedule.

RSVP helps volunteers stay active & involved. Frequently, RSVP volunteers have lived in their community for a long time. Because their community has given them so much, they see volunteering as a way to give something back. And of course, giving is gaining!



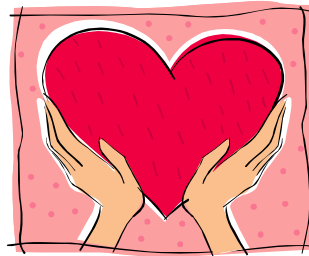
Studies show that seniors of any age who volunteer live longer, healthier, & more fulfilling lives. Socializing with others & feeling connected to the community are crucial to remaining healthy & happy.

## IF YOU CHOOSE TO BE AN RSVP VOLUNTEER

You do not need to volunteer any more than you are already volunteering unless you want to. You may find we can direct you to a volunteer opportunity you would LIKE to do & may not know about – & you may **choose** to get involved in doing more, but you do not **need** to increase your volunteer obligations or time spent.

If you will just report your current volunteer hours to RSVP as well as to your volunteer station, your volunteer workplace will benefit from your efforts & RSVP & the Seniors of Garfield County will benefit as well.

Your volunteer hours will benefit & count TWO ways!



While RSVP volunteers are commuting to & from a work site & while on duty, RSVP provides supplemental insurance. Please ask us for further details.

## WHAT DO RSVP VOLUNTEERS DO?

RSVP volunteers choose how & where they want to serve. Many continue the type of work they enjoyed earlier in life, while others try something completely different. The RSVP staff is eager to help match new volunteers with the perfect volunteer opportunity. In all cases, volunteers give from their hearts, making their lives & the lives others better!



### RSVP BENEFITS

- RSVP provides no cost Volunteer Liability Insurance
- RSVP sponsors various Volunteer Recognition Events
- RSVP provides communication about volunteer opportunities in Garfield County & how you can help
- RSVP advocates for volunteers & volunteerism both nationally & locally
- RSVP offers training for volunteers
- RSVP tells the Garfield County Volunteer Story.
- RSVP helps to dispel myths about aging.
- RSVP tracks volunteer data over time and identifies volunteering trends.
- RSVP impacts community and volunteer wellbeing positively

RSVP provides a network for volunteers 55 & over to share their experience, time & expertise with non-profit agencies, organizations, & other seniors in "critical community need" areas throughout Garfield County.



## For Further Information on

**RSVP**  
1402 Blake Ave.  
Glenwood Springs, CO 81601  
(970)947-8462  
(970) 947-8488 fax

**Cheryl Cain**  
Director

[rsvp@coloradomtn.edu](mailto:rsvp@coloradomtn.edu)

RSVP is a National Senior Service Corps organization.

## RSVP VOLUNTEERS

- ◇ Sew
- ◇ Take Blood Pressures
- ◇ Quilt
- ◇ Tutor
- ◇ Are Storytellers
- ◇ Teach
- ◇ Rescue Injured Animals
- ◇ Serve Meals
- ◇ Prepare Income Taxes
- ◇ Deliver Home Meals
- ◇ Fundraise
- ◇ Serve on Boards of Directors
- ◇ Work in Healthcare Settings
- ◇ Mentor Youth
- ◇ Dispatch Transportation
- ◇ Serve Senior Center Meals
- ◇ Promote a Healthy Environment
- ◇ Help as Office Clerks
- ◇ Sing
- ◇ Act & Dance
- ◇ Visit the Homebound
- ◇ Conduct Activities
- ◇ Belong to Service Organizations
- ◇ Shelve Library Books
- ◇ Conduct School Art Programs

**AND LOTS MORE!**



## WHAT IS RSVP?

**RSVP=Regional Service Volunteer Program**

**RSVP helps Garfield County residents age 55 & older put their skills & life experiences to work for their communities.**

**Volunteering is positive for everyone involved.**

**Whether you have lived in our community for a while or are new here, join us in making a difference & making new friends!**