

# **PERRY COUNTY RETIRED SENIOR VOLUNTEER PROGRAM**



**WE ARE A PROGRAM OF THE CORPORATION FOR NATIONAL AND COMMUNITY SERVICE. RSVP WAS ESTABLISHED IN 1971 AND IS ONE OF THE LARGEST SENIOR VOLUNTEER PROGRAMS IN THE NATION. IT ENGAGES PEOPLE 55 AND OLDER IN A DIVERSE RANGE OF VOLUNTEER ACTIVITIES.**

**FEDERAL FUNDING FOR RSVP COMES FROM THE CORPORATION FOR NATIONAL AND COMMUNITY SERVICE AND ALSO FROM STATE SUBSIDIES. THE PROGRAM IS SPONSORED BY THE PERRY COUNTY COMMISSIONERS.**

**WE HELP EACH OTHER AND THE COMMUNITY.**



**WE VOLUNTEER AT THE CORNING, NEW LEXINGTON, SOMERSET AND THORNVILLE FOOD PANTRIES.**

**WE VISIT RESIDENTS IN LONG-TERM HEALTH CARE FACILITIES AROUND THE COUNTY.**



**WE VOLUNTEER AT THE BACK TO SCHOOL BASH AND AT THE FLU CLINIC. WE ALSO HOLD FREE VISION SCREENINGS AROUND THE COUNTY.**



**VOLUNTEERS TRANSPORT SENIORS TO THE DR., DENTIST, AND TO PICK UP GROCERIES OR MEDS. RSVP REIMBURSES DRIVERS .55 A MILE.**

**VOLUNTEER INSTRUCTORS TEACH AQUA CLASSES AT MT. ALOYSIUS.**



**GENISIS HEALTHCARE ALONG WITH RSVP OFFERS A MATTER OF BALANCE CLASS, TO PREVENT FALLS, INCREASE STRENGTH AND IMPROVE MOBILITY. WE ALSO OFFER FREE VISION SCREENING.**

**INTERIM HEALTHCARE ALONG WITH RSVP OFFERS A CHRONIC DISEASE CLASS THE 3<sup>RD</sup> THURSDAY OF EACH MONTH.**



**WE ALSO SEND CARE PACKAGES TO OVERSEAS MILITARY FOUR TIMES A YEAR.**



**(THANKSGIVING, CHRISTMAS, EASTER AND THE 4<sup>TH</sup> OF JULY).**

## **BENEFITS OF VOLUNTEERING**

**THE INTANGIBLE BENEFITS ALONE—SUCH AS PRIDE, SATISFACTION, AND ACCOMPLISHMENT—ARE WORTHWHILE REASONS TO SERVE. IN ADDITION, WHEN WE SHARE OUR TIME AND TALENTS WE:**

- **SOLVE PROBLEMS**
- **STRENGTHEN COMMUNITIES**
- **IMPROVE LIVES**
- **CONNECT TO OTHERS**
- **TRANSFORM OUR OWN LIVES**

**DID YOU KNOW THAT THERE ARE SOME SUPRISING BENEFITS OF VOLUNTEERING FOR THE VOLUNTEER THEMSELVES?**

**BEING A VOLUNTEER IS THE SATISFACTION YOU GET FROM MAKING A DIFFERNECE IN OTHER PEOPLE'S LIVES AND IN THE COMMUNITY.**

**BY BEING A VOLUNTEER YOU BECOME CONNECTED TO OTHER PEOPLE. VOLUNTEERS HAVE A GREAT IMPACT ON THEIR COMMUNITY, OFTEN UNITING THE COMMUNITY AS ONE. BUT VOLUNTEERING ALSO ALLOWS PEOPLE TO INTERACT MORE AND TO MEET NEW PEOPLE. WHEN YOU VOLUNTEER, NOT ONLY DOES IT MAKE YOUR TIES TO THE COMMUNITY STRONGER, YOU ALSO MEET PEOPLE**

**WHO SHARE YOUR INTERESTS AND GAIN A WIDER SUPPORT GROUP.**

**RESEARCH HAS SHOWN THAT VOLUNTEERING CAN HELP PREVENT POOR HEALTH. VOLUNTEERS WHO START EARLY ARE SAID TO DEVELOP GREATER FUNCTIONAL ABILITY AND BETTER HEALTH IN THEIR OLDER YEARS. ASIDE FROM THIS, VOLUNTEERS ALSO HAVE LOWER MORTALITY RATES. THIS MEANS THAT PEOPLE WHO VOLUNTEER OFTEN LIVE LONGER THAN THOSE WHO DON'T VOLUNTEER.**

**IF YOU WOULD LIKE TO VOLUNTEER, TO MAKE A DIFFERENCE IN OTHERS LIVES AND IN OUR COMMUNITY.**

**PLEASE CALL (740) 342-7220, OR STOP BY OUR OFFICE 121 W. BROWN STREET IN NEW LEXINGTON TO LEARN MORE ABOUT PERRY COUNTY RETIRED SENIOR VOLUNTEER PROGRAM.**



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**RSVP**  
**Lead With Experience**

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Retired Senior Volunteer Program