



*The RSVP Gazette*

*Retired & Senior Volunteer Program of Broome County*



*Live Life Passionately... Volunteer*

AmeriCorps is an independent, federal grant-making government agency whose mission is to improve lives, strengthen communities, and foster civic participation through service and volunteering.

# **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 weekly for the school year.

## **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**

Many opportunities: administration, driving, shopping, friendly 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.

## **Clothing Room Volunteer- First Presbyterian Church of JC**

Duties include sorting and hanging clothing donations, organizing clothes

## **Clothing Closet Volunteer- Mothers & Babies Perinatal Network**

Duties include sorting and hanging clothing donations, organizing clothes

### **Food Bank of the Southern Tier – Food Distribution**

Volunteers needed the 4<sup>th</sup> Tuesday of every month, from 9am – 12pm, on W. State St. Binghamton, to fill boxes for distribution; flag cars. Must have the ability to lift 20lbs and stand for 3 hours

### **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 group respite 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.

### **American Legion Post 80**

Office Assistant: answer phones, take messages, assist in office management

### **Samaritan House**

Take in and hand out donations, 9am – 11am/12pm – 2pm Tues, Wed, Thurs

***For additional volunteer opportunities – call for information!***

*Volunteers choose how, where, and when they want to serve*

***Live Life Passionately... Volunteer***

**Good A**fternoon **B**roome

*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?***

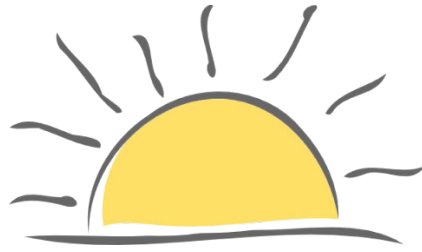
The GAB program offers companionship during this unprecedented time. Healthy Aging includes being connected to others and reducing social isolation.

***Would you like to be a telephone volunteer from your home?***

Join RSVP and be rewarded by connecting to participants and making new friends.

Make giving back your second act





**Good Morning Broome** is a telephone reassurance program for elderly and disabled adult, 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. Call RSVP for information.

### **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**

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