

Benefits of Volunteering

- Make a difference in the lives of others
- Make new friends
- Stay active
- Learn new skills
- Stay healthy
- Achieve personal goals
- Help your community

Studies show that older adults who volunteer and who engage in more hours of volunteering report higher levels of well-being.

RSVP



Your expertise
and
talents are needed.
Join RSVP today!

Corporation for
**NATIONAL &
COMMUNITY
SERVICE** 

RSVP is funded by the Corporation for National & Community Service, New York State Office for the Aging, Schuyler & Yates Counties, United Way, Grants and the RSVP Advisory Council. RSVP is sponsored by Cornell Cooperative Extension in Schuyler County. Cornell Cooperative Extension in Schuyler County provides equal program and employment opportunities. Please contact us if you have any special needs. Visit us at <http://www.cce.cornell.edu/schuyler/rsvp>

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RSVP

*Serving
Schuyler and
Yates Counties*

Age 55 or older?

**Help Yourself
Help Your
Community
Volunteer!**

*Our Community
Counts on RSVP
Volunteers!*

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RSVP - Retired & Senior Volunteer Program

RSVP Mission

To engage persons age 55 and older in volunteer service designed to meet critical community needs and to provide a high quality experience that will enrich the lives of volunteers.

Who May Enroll?

Any person age 55 or older may serve as an RSVP volunteer without regard to race, gender, income education or experience.



RSVP volunteers lead Bone Builder exercise classes designed to reduce the incidence of osteoporosis.

Make a difference in a child's life as a Reading Buddy tutor.



RSVP Signature Programs

RSVP volunteers are engaged in programs designed to have a positive impact in the community:

Drivers

Crucial to Schuyler County with its limited transportation resources, RSVP volunteers drive seniors to medical appointments.

Reading Buddies

Working in the classroom setting, volunteers help young children learn to read in every school district in Schuyler and Yates Counties.

Triad Volunteers

Disaster preparedness activities are pursued to assure senior safety in a community emergency.

Bone Builders

Volunteers lead exercise classes based on Tufts University studies and recommendations for reducing osteoporosis.



IRS supports volunteer tax counselors, providing training and guidance.

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