



# Volunteer Services

Americans 55+ have a lifetime of experience to share and the desire to make a real difference in their world. Now they are ready to put their unique talents and expertise to work in their communities, and enrich their own lives in the process. Senior Corps and the Retired & Senior Volunteer Program, commonly known as RSVP, can help achieve this! Senior Corps and RSVP connects today's 55+ population with others that need them the most. Together, they nationally link more than 500,000 Americans to service opportunities. Their contributions of skills, knowledge, and experience make a real difference to individuals and community organizations throughout the U.S.A.

Senior volunteers make a contribution that suits their talents, interests and availability. Some serve in teams while others go it alone. Everyone has unique gifts to share and our volunteers make significant contributions by putting their best talents to work. The high number of senior volunteers and their level of commitment make them an essential resource in meeting critical community needs.

RSVP volunteers must be 55 years of age or older and willing to serve on a regular basis. They can choose how, where, and when they want to serve, with time commitments starting from as little as an hour a week. As a volunteer, you will receive pre-service orientation and training from your volunteer station. RSVP volunteers are not paid any wage or stipend, but can be reimbursed for mileage expenses incurred.

When you volunteer, you're not just helping others—you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies have shown that volunteering helps you live longer and promotes a positive outlook on life. Research suggests that volunteering is particularly beneficial to the health of older adults serving 100 hours annually. It also suggests that volunteering leads to lower rates of depression in individuals 65 and older. Helping others makes people healthier and happier. Of course, please note, we welcome volunteers of any age!

Through the Department of Human Services, RSVP offers the following volunteer opportunities :

**Homebound Meal Delivery**

Telephone Reassurance  
Rivertown Thrift Shop

**Homebound Transportation Driver**

Congregate meal sites volunteer  
Crafters' Groups

We also have numerous volunteer opportunities with other agencies in the community:

AARP      Athens Cultural Center      Catholic Charities  
Community Hospice      Community Action of Greene County  
Greene County Chamber of Commerce      Greene County Council of the Arts  
Greene Medical Arts Center  
Libraries: D R Evarts (Athens), Heermance Memorial (Coxsackie) & Cairo Public  
Nursing Homes: Greene Meadows & The Pines

The Department of Human Services sponsors the county's RSVP and is always looking for new volunteers. Giving of your time to help others is extremely satisfying. Volunteers play a vital role in area communities by contributing their talents and experience.

If you think you may be interested in becoming a volunteer, take the next step. You can find our registration application on the department's web site under Volunteer Services/Forms. Please complete it & return to our mailing address or email address. Once we have received your application, it will be reviewed and a background check will be completed. Shortly thereafter, you will be notified of the decision to accept you as a volunteer for the Greene County Department of Human Services, RSVP.