

# **PERRY COUNTY RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)**



**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.**

**AMERICORPS IS THE FEDERAL AGENCY FOR NATIONAL SERVICE AND VOLUNTEERISM. RSVP IS SPONSORED BY THE PERRY COUNTY COMMISSIONERS.**

**OUR MISSION IS TO IMPROVE LIVES, STRENGTHEN COMMUNITIES, AND FOSTER CIVIC ENGAGEMENT THROUGH SERVICE AND VOLUNTEERING.**

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



**WE DELIVER CARE PACKAGES 3 TIMES A YEAR TO VETERANS IN 4 LONG-TERM FACILITIES IN OUR COUNTY. WE MAKE REASSURANCE, FRIENDLY CALLS TO SHUT-INS & THE DISABLED.**

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

**WE HAVE VOLUNTEERS AT THE SENIOR CENTER NUTRITION TO ASSIST WITH VARIOUS CLERICAL DUTIES, AND TO ASSIST OTHER SENIORS THAT MAY NEED A LITTLE EXTRA HELP.**

**WE VOLUNTEER AT THE FLU CLINIC, WE SEW SLEEPING BAGS FOR THE HOMELESS, AND WE HOLD FREE VISION SCREENINGS AROUND THE COUNTY.**



**WE VOLUNTEER AT COUNTY FOOD PANTRIES: CORNING, HOPEWELL/MADISON, NEW LEXINGTON, SOMERSET, AND THORNVILLE.**



**VOLUNTEER INSTRUCTORS  
TEACH 6 AQUA CLASSES A WEEK  
AT MOUNT ALOYSIUS.**



**RSVP ALSO OFFERS WALK WITH  
EASE CLASSES. THESE CLASSES  
ARE EVIDENCE BASED AND THEY  
HELP TO PREVENT FALLS,  
INCREASE STRENGTH, AND  
IMPROVE MOBILITY.**



**ALL OF THESE CLASSES ARE  
TAUGHT BY CERTIFIED RSVP  
INSTRUCTORS.**

## **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,  
BUT 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.**

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**[http://www.perrycountyohio.net/a  
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rsvp](http://www.perrycountyohio.net/agencies-and-offices/perry-county-rsvp)**